

# SPOKE

Conestoga College, Kitchener

October 1, 2001

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## Poster show draws students

By Tannis Wade

Walls should be bare no more as students and staff at Conestoga College had the opportunity to shop last week at the Imaginus poster sale. The sale filled the entire Sanctuary with prints, portraits and posters ranging from Vincent Van Gogh and Pablo Picasso to Brittany Spears and the Beatles. With that selection there was guaranteed to be something for everyone.

"Imaginus is one of the many vendors that we have come to the college," said Jon Olinski, president of Conestoga Students Inc. (CSI).

Imaginus is a warehouse-based poster company that travels to university and college campuses across Canada. "We go all the way from Newfoundland to British Columbia — coast to coast, just like NHL hockey," said Daryl Hoskins, runner for Imaginus.

"We are called runners because we run all over the country, just like the circus," he said, adding they have been in operation for more than 25 years.

Since Imaginus is such a large operation, some students had the

chance to work for a couple of hours to make some extra money. Jobs included heavy work like set up and tear down, or light work like handing out flyers and posting signs. Imaginus paid students between \$9 and \$11 per hour. "I am glad they didn't offer students minimum wage to work or no one would do it," Olinski said, "especially the heavy work."

Some students were paid in merchandise instead of waiting for a cheque to be sent from the Imaginus head office.

Staff and students really look forward to the poster sale coming to the school. There was a line at the checkout most of the day. "Hot sellers this year include Fight Club movie posters, Starry Night by Vincent Van Gogh and posters of Nicole Kidman in Moulin Rouge," said Hoskins.

Neither the CSI nor Imaginus would comment regarding profits and costs involved or about the contents of their contract. "We can't give that information out in order to remain competitive," Hoskins said. CSI president Jon Olinski did reveal that Imaginus



Management studies student Mike Vokey tries to decide which poster to buy at the Imaginus sale in the Sanctuary on Sept. 20.

(Photo by Tannis Wade)

has to pay the college in order to set up in the Sanctuary. "We lose revenue from the pool tables and other things available in the lounge," he said.

All the posters and prints sold are reproductions and are not valuable

assets. However, they are a cheap way to bring colour, drama and fine art into the lives of students.

If you happened to miss the sale don't worry, Imaginus will be back at Conestoga College for a two-day stop sometime in January.

## OSAP delay causes financial woes

By Jody Andruszkiewicz

A delay by the National Student Loans Service Centre in processing OSAP has affected thousands of Ontario students.

Paul Matresky, a Conestoga College financial aid administrator, said OSAP is administered by the National Student Loans Service Centre (NSLSC) and not the college. NSLSC administers both federal student loans and provincial student loans and processes them directly to students' bank accounts. A provincial loan takes about five days to process and a federal loan is processed in seven days.

However, Matresky said any delay is a concern for financial aid administrators because students are as equally concerned about getting their money to pay tuition. There is a lot of e-mail going back and forth between financial aid administrators because they are discussing the problems associated with the delays in students receiving OSAP. He also said the Ontario Advisory Committee on Student Financial Assistance is watching to see how student loans are being distributed.

As the details of student loans are confidential, Matresky said

students have to call NSLSC to find out the status of their loans.

"A lot of students are unhappy about not having their money," he said, adding that he doesn't know what staff at NSLSC is telling students about the delays.

Matresky did say the sheer volume of applications for financial aid could account for the problems in distributing OSAP.

**"The student has to understand what they are entering and the implications of what they could receive."**

*Paul Matresky,  
Conestoga College*

To date, Conestoga has received approximately 1,700 OSAP applications, but Matresky said that by May 2002 Conestoga will have had 2,200 to 2,300 OSAP applications, a typical amount.

However, this year the provincial government put more of a focus on online applications for OSAP because of costs associated with printing OSAP booklets.

Matresky estimates that about 60

per cent of the OSAP applications were online. Returning students would have received pre-printed renewal forms which are more advantageous to use because they are simpler to fill out.

He also said the majority of OSAP application booklets were received from high school students entering college. Conestoga received 700 books with 150 earmarked for the Waterloo campus and 100 books destined for the Guelph campus. They were gone within a month and with the government not printing any more booklets, Conestoga was fortunate to receive 150 extra booklets from the Ontario College of Art and Design, Matresky said. However, he added they were gone within a week.

The lack of application booklets stems from a government push to have more students apply for OSAP online.

"We were told to consistently tell students to apply online," Matresky said, adding that students are doing more work in applying for OSAP but it costs less to process the electronic applications. OSAP booklets cost \$10 whereas the online application is free.

Matresky said there are positives and negatives to applying for OSAP online.

"The student has to understand what (information) they are entering and the implications of what they could receive."

The push for more online applications has resulted in about 80 per cent of the applications having errors of some kind in them. Where the booklet has a clear explanation of how to fill out the OSAP application, Matresky said the online system causes a lot of confusion.

Despite the problems, Matresky said the online application has one big advantage as students can request an estimate of entitlement. This helps students budget their money for tuition, books and living expenses while getting an idea of what they can expect to receive in OSAP funds.

The next stage for online OSAP applications is real-time processing. With paper, applicants have to wait 24 hours or more for their application to be processed. Within a year, Matresky said the government hopes to have real-time processing in place.

In the meantime, the online and paper applications will be evaluated for errors in individual applications. By looking for these mistakes, Matresky said this will allow for the online process to be corrected and become more user friendly.



## Canadians compassionate during U.S. turmoil: Martin

By Julie Graham

Members of Conestoga Students Inc. and volunteers from the college were busy Sept. 21 bartending a charitable event where Finance Minister Paul Martin made an appearance and speech.

With ticket sales going to the Queen Helena Canadian-Croatian Cultural and Charitable Society, Martin couldn't help but join in the Croatian celebration of dance and song when he arrived.

However Martin, introduced by area members of Parliament, put the celebrating aside to speak to the crowd about the Canadian economy and its future since the terrorist attacks in the United States.

"There's no doubt in my mind, when you look at the resilience of Canadians, the capacity of Canadians to rise to almost any challenge, there is no way that anybody, terrorist or otherwise, is going to stop this country from

achieving its freedom," said Martin.

Jon Olinski, president of Conestoga Students Inc. (CSI), and Jody Andruszkiewicz, vice-president of academics, were able to meet briefly with Martin. The finance minister thanked the CSI and its volunteers for their hard work and even took time to receive a beer from them.

"I'm happy we were able to meet Paul Martin," said Olinski. "I really believe he is going to be the next prime minister of Canada."

In an interview before his speech, Martin said it is important that Canadian borders with the United States remain open for commerce. Also, he said it was an oversight that during President George W. Bush's speech to Congress on Sept. 20, Bush did not mention Canada as one of the many countries aiding the United States.

Martin said Canadians have to come together regardless of race or



Cambridge MP Janko Peric (left) and Kitchener-Waterloo MP Andrew Telegdi (right) listen as Finance Minister Paul Martin speaks on Sept. 21 at Market Square in Kitchener. Martin attended the event which was bartended by Conestoga Students Inc.

(Photo by Julie Graham)

religion. "Here in this room, where we have people from the four corners of the globe, from every religion, we represent compassion and

generosity and tolerance ... the world is going to have to understand that there is a better model than the model that creates terror-

ists and what we are going to do is set Canada forth as that model," said Martin.

The crowd of about 400 people cheered as Martin said Canadians should not worry about their economy. "What an economy is all about is about people," said Martin. "It is about people who are looking to build a better future for their children and families."

Martin ended his speech by describing how he and his wife Sheila spoke to their three sons the day of the attacks. Later that week, Martin recounted the story during a memorial service in Montreal. After the service, people thanked him for sharing his story of family unity. "A lady came up to me and said she hadn't talked to her son who had lived in Texas for 20 years and he had called her," said Martin. "But you know what is important in this, in a time of crisis, is as Canadians we reach out and touch each other."

## Women reclaim personal security during Kitchener's Take Back the Night march

By Mary Simmons

"Women unite. Take back the night."

This was one of many chants shouted by the approximately 250 women who took part in the Take Back the Night march Sept. 20.

The women met at the clock tower in Victoria Park before marching through the streets in downtown Kitchener.

The number was a decrease from last year, said Linda Brewster, organizer of the event.

"I hope that was because of the rainy weather and not a decline of interest on the issue," she said.

Before the women began to march, they were addressed by Sue Barg, a family violence prevention co-ordinator for Wilmot Township and a committee member for the Take Back the Night march.

Barg spoke of the horror of the recent terrorist attacks in the U.S.,



Sue Barg, a violence prevention co-ordinator for Wilmot Township, addresses the approximately 250 women who prepare to take back the night in downtown Kitchener on Sept. 20. (Photo by Mary Simmons)

reminding the women of how important it is to protest against the violence in our society.

"Reclaiming our personal security must take place in our own back-

yard," she said. "We can and will make our voices heard."

The theme of this year's march was respect, so women were reminded to march in a

respectful manner.

"There are more and more children joining us every year," said Brewster. "The only F-word we want them to hear is feminism."

Women followed the Take Back the Night banner and a CHYM FM vehicle. A number of marshals in fluorescent vests ensured that the group marched in an orderly fashion.

Women marched chanting their determination that violence against women must end.

As they walked through the streets, cars honked their horns in support of the women, urged on by cries of: "Honk if you love women!"

The march ended at the pavilion in Victoria Park, where there were refreshments and displays by Anselma House and the K-W Sexual Assault Centre. There was also an opportunity to buy T-shirts and CDs.

Barb Wilson, an inspirational speaker who works for the K-W Sexual Assault Centre, addressed the group at the pavilion.

"Our ultimate goal is working towards ending violence," she said.

## Conestoga student joins march to take back her own night

By Laurie Vandenhoff

If someone had asked me a week ago if I would be walking in the Take Back the Night march, I would have easily said no.

But then I reconsidered. I thought I needed to try something new and since I had never heard of this march before, I decided to participate.

So on Sept. 20 I marched. I left my house, decked in my favourite walking shoes and a big yellow raincoat. I was ready to join a group of women in their crusade against violence and the right to live without fear.

At 6:30 p.m. we gathered at the base of the clock tower in Kitchener's Victoria Park. We ranged in age, style and race. But we had one thing in common, the will to take back the night. We stood united because of our struggles. Some of the participants were victims of physical or sexual abuse.

It might have been the woman standing next to me. But I could not

tell because everyone was there to join in happiness.

Walkers mingled like long-lost friends, finally reunited after years of separation.

I stood there, taking in the value of what a group of women can do.

It didn't matter that the air was damp and cold from rain. It didn't matter that I had no idea who any of these women were. Nor did it matter that I had no idea what this march was really about, because I was soon to find out.

Shortly before 7 p.m., a woman clad in an orange safety vest climbed the steps of the clock tower. She had a message to share with us.

I didn't remember her name or what she looked like. It was her words that captured me.

She began reciting statistics of violence against women. Fifty-one per cent of women had either been physically or sexually abused.

"That means if it's not you, then it could be your mother, your sister, a friend," she said.

It didn't matter that I wasn't directly affected by the problem. There were people in my life, whether I knew it or not, that needed my support.

With a triumphant cheer from the crowd, the march began. I had a noisemaker in my hand and a smile on my face as I marched down the streets of Kitchener. I listened as women cheerfully shouted as loud as they could.

"Women unite. Take back the night."

We encouraged people to show their support by cheering and encouraging drivers to honk their horns. It was always wonderful to hear people show their support.

Although men were not allowed to participate directly in the march, they are encouraged to show their support.

Several stood on the sidewalk, clapping and cheering as the women walked by.

My most memorable moment of the walk was the man on Water Street. He stood at the edge of his

driveway, his hands covered in grease, a smile on his lips and his hands clapping together. His sincere gesture practically brought tears to my eyes. It was amazing to see and feel his respect. Maybe someone he knew was marching, but somehow I didn't think so.

Two hours later the group was led back to Victoria Park. The sun was gone, and the park was much darker than when we had started.

As I walked back to my car alone, I realized how dark the park really was. I noticed every shadow, every sound and I felt the cold air on my face.

These were details that didn't seem to matter when I had marched through there earlier that night.

When a man passed me on the path, I stayed as close as I could to the one side and I clenched my keys tightly in my fist.

It made me understand that participating in one march would not erase my fears. However, it was a start and I knew the efforts of the participants would one day pay off.

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# Fire drills are customary every semester

By Reni Nicholson

Fire drills are a necessary although inconvenient way of ensuring proper procedures are in place to quickly evacuate buildings, said Al Hunter, supervisor of security services at the college.

The Sept. 18 fire drill at Conestoga College's Doon campus was part of a yearly routine, said Hunter, although the fire alarm on Sept. 25 was not routine. It was triggered by welding maintenance being done on the third floor of the main building.

Smoke from the welding activated the alarm and the Kitchener Fire Department response team was sent to inspect the premises. No one was injured.

Security services organizes two fire drills per year, one in each of the fall and winter semesters. The drills customarily take place at the beginning of each semester.

Hunter said the fire drills are part of a security and safety plan



Students at Conestoga College's Doon campus crowd the entrance of Door 5 after the year's first fire drill Sept. 18. College security services said the alarm was part of a yearly safety procedure. A second alarm was set off Sept. 25 when it was triggered by welding work which was being done on the third floor of the main building.

at the college.

"We learn from the drills. In some instances, there can be prob-

lems. With this one we did learn about a problem," said Hunter.

There were complications with

students exiting the C-wing into the construction area on the west side of the college.

(Photo by Julianna Kerr)

At the beginning of the fall semester a fence was set up outside the door to keep students safe from the construction site.

Hunter said a bottleneck formed as students were rushing to get out of the double doors into the fenced in construction site.

Signs will be posted to remind students not to rush, but to keep calm and continue to move in the event of a fire alarm.

Hunter said there has never been a fire at the college, although, "There was one time when we had smoke coming from an over-heated motor in our ventilation system."

Hunter said even in the case of smoke the college must evacuate.

Students are supposed to leave the building by way of the closest exit.

In the past, students have tried to go to their lockers before exiting. Hunter hopes that students will refrain from this in the future.

"It's their safety we're concerned with," he said.

## In pursuit of applied degrees

Conestoga hopes to grant degrees for two technology courses

By Reni Nicholson

A higher quality of education will soon become available to students at Conestoga College and all 25 community colleges across Ontario.

The Ministry of Training, Colleges and Universities replaced the Degree Granting Act with the Post-secondary Education Choice and Excellence Act in 2000.

The new act makes it possible for Ontario colleges of applied arts and technology to grant applied degrees.

Until now, degrees have strictly been accessible through university programs, but the amendment makes it possible for a more hands-on, applied college programs to grant degrees.

Responding directly to the demands of students and local businesses, Conestoga College hopes to offer two degree programs in Systems Engineering Technology for Advanced Manufacturing Management and Integrated Telecommunications and Computer Engineering.

Kevin Mullan, vice-president of finance and administrative operations, said, "These programs respond to research findings concerning local labour market needs not being met by current post-secondary programs."

He said the college hopes to have the programs approved this semester and begin degree-granting September 2002.

Being a more comprehensive college, offering programs ranging from preparatory studies through to apprentice, certificate, diploma and applied degree programs for full- and part-time students, Conestoga's graduates will be more recognized in the employment market, said Mullan.

Ontario colleges are hoping the Post-secondary Education Quality Assessment Board will approve 24 applied degree programs over a three-year period.

To obtain approval to grant degrees for a specific program, the college must submit a request form, outlining in detail the program qualifications and plans. From there, the government-established Post-secondary Education Quality Assessment Board makes recommendations for approval or denial to Dianne Cunningham, the minister of Training, Colleges and Universities.

"The process will be competitive," said Mullan. "The approval of a program at one college does not confer the right to other colleges that offer similar programming. Some colleges may choose not to apply for applied degree program offerings, while some that apply will not be approved."

Entrance criteria will vary for

**"These programs respond to research findings concerning local labour market needs not being met by current post-secondary programs."**

*Kevin Mullan,  
vice-president of finance  
and administrative  
operations*

each degree-granting program the college will offer, but requirements will be comparable to those needed for similar university programs.

The current curriculum requirements for application to one of Ontario's 18 universities is an Ontario Secondary School Diploma (OSSD), or equivalent, and six Ontario Academic Courses (OACs) including specific subject requirements.

In 2003, when both OACs and Grade 12 students will be entering post-secondary colleges and universities, the requirements will be an Ontario Secondary School Diploma (OSSD), or equivalent,

and six Grade 12 university preparatory courses or university/college preparatory courses, including Grade 12 university preparatory English. All specific subject requirements must be university courses offered in the new Grade 12 curriculum.

Known as the double cohort, this group of students will trigger a surge in demand at Ontario's universities that will challenge each institution's planning skills, faculty resources and physical facilities.

At the peak of the double cohort in 2004-2005, some 33,500 additional secondary school students could be applying to Ontario's universities.

Eleanor Conlin, chair of academic research & educational services, said as the degree-granting programs expand, so will the faculty.

Faculty numbers will go from about two professors in the first year of the new degree-granting programs to about 14 in year eight, predicted Conlin.

She added the college would take in about 30 students in the first year of such programs, with a foreseeable increase to 50 in year five.

"Some of the college's existing faculty will teach in the new programs," said Conlin. "But additional faculty will be needed to mount the new programs."

She said Conestoga will ensure that faculty hired for all components of the program possess the highest possible academic credentials, preferably a PhD, but no less than an appropriate master's degree. She also said relevant work experience will be required of faculty if appropriate for the program.

Any changes made to faculty contracts, specifically regarding pay, will be negotiated between the Ontario Public Service Employees Union and the Ontario Council of Regents for the Colleges of Applied Arts and Technology when the current agreement expires Sept. 1, 2003.

## Fire alarm startles students

By Michelle Timmerman

On Sept. 13, shortly after 1 a.m., I was awakened from a deep sleep by my roommate frantically pounding on my bedroom door. The fire alarm had been going off for several minutes and I was still fast asleep in my bed.

I was filled with panic when I left our cosy little room to find the hall filling with what many believed to be smoke.

Within minutes the parking lot of Conestoga Residence and Conference Centre was filled with sleepy-eyed students, who just like me, were standing outside in their pyjamas cold and confused.

Fire trucks could be heard in the distance as they came flying towards the residence with their lights flashing, causing more panic within people.

Within 10 to 15 minutes after the men in the red trucks arrived, we learned there was no fire and were permitted to re-enter the building and return to our warm comfortable beds.

The next few days rumours began to fly about what had happened. Some were saying there

was a fire on the second floor, others believed someone had pulled the alarm. The latest rumour I heard was that someone had taken the fire extinguisher off the wall and filled the elevator, which would explain the smoke-like substance in the hallway.

Since I'm enrolled in the journalism program, I, of course, wanted to know the truth. I began my search by asking students if they knew what had happened, but ended up with a different story each time. Seeing I was getting nowhere in my search I went to the front desk, figuring someone there had to know the truth.

I was wrong. I was sent to one person after another, until I finally found the right person, only to be told she wouldn't answer my question.

This infuriated me. I think the students who live in residence deserve to know just what had taken place that night, and what was going to be done to ensure this would not happen again. It is a huge safety issue to have so many students at one time charging down the stairs trying to get out of the building.

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## The worst is yet to come

As the world holds its collective breath in anticipation of the U.S.-led counterstrike on terrorism there seems to be a single, simple thought that has escaped the minds of nearly everyone.

It has not gotten the amount of space or time it needs or deserves.

Osama bin Laden, if he is the mastermind behind the attacks of Sept. 11, is not a stupid man.

Such a bold, stunning attack on the symbols of American prosperity did not come about without skilful planning, preparation and ingenuity.

Nor did the attack come without preparation for the aftermath.

FBI investigators believe that there were four or five terrorists on each of the ill-fated planes on Sept. 11.

They also believe that whoever was behind the attacks had people on the ground in both New York and Washington.

Calls were intercepted from both cities telling someone that "both jobs were successful."

Since that dark day, the FBI has arrested more than 50 individuals they suspect to be part of the terrorist organization that is responsible for the attack.

In Canada, the RCMP has arrested a few people as well.

Whoever is behind the attacks has proven that he or she is capable of infiltrating our security systems. Of walking among us.

When the U.S., that suddenly awoken giant, finally bears its military might against bin Laden and the ruling Taliban government of Afghanistan, it will be a safe bet that the U.S. will be targeted again.

And while the weight of public opinion and media scrutiny will keep any American strikes limited to military and strategic targets, the people they fight have already proven that they hold no such reservations.

And do not think that the U.S. alone will bear the brunt of any future attacks.

Bin Laden has already declared a holy war on all things American and the Taliban has said it will start a Jihad (holy war) against the U.S. and all its allies if Afghanistan is attacked.

So the war on terrorism could very well play out like the following scenario: On Monday, U.S. stealth bombers destroy a chemical weapons facility in Afghanistan.

On Tuesday a series of bombs level a shopping mall in London, England.

On Wednesday, ground troops overrun a terrorist military compound in Iraq.

On Thursday, sarin gas is released into the ventilation system of an arena in San Francisco, killing everyone inside within seconds.

On Friday, Navy ships in the Persian Gulf destroy inland missile silos in Iran.

On Saturday, people start dying from unknown causes in Toronto. It is later learned that the water supply has been poisoned.

This is not a war that will be fought in the sandy dunes of a desert country.

The killing fields are here; the enemy has already landed.

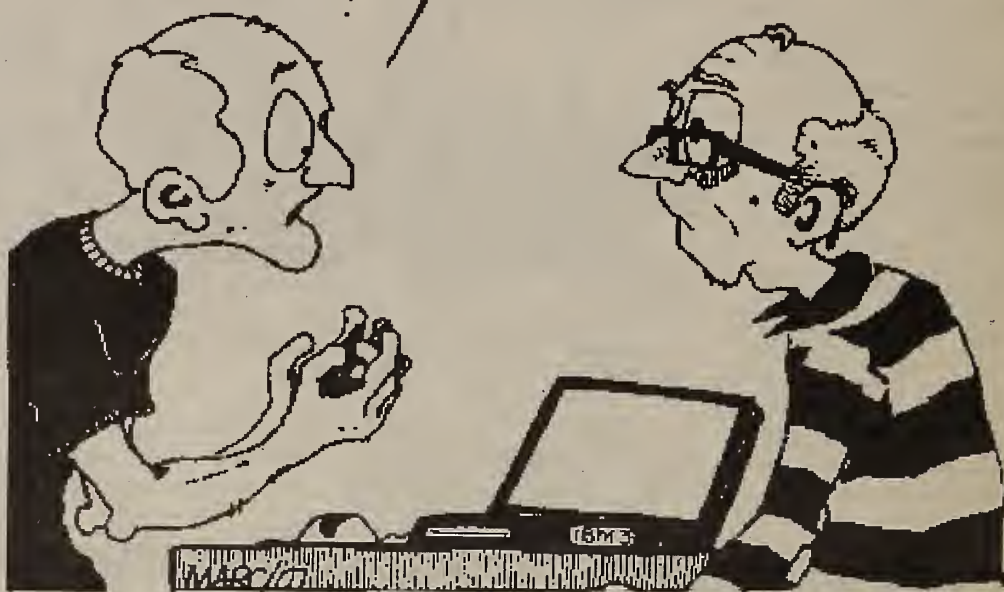
The destruction of the World Trade Center was only the first salvo to be fired in North America, not the last.

And, unfortunately, many more people are probably going to die before this is over.

We are no longer safe in North America, the enemy can effectively and reliably reach us here.

And they will.

They say that we live in an unprecedented time for advancements but when else in our lives have we had to fear the water we drink, mosquitoes or disgruntled 15-year-olds?



## A friend lost but not forgotten

By Jody Andruszkiewicz

Canadians everywhere suffered a blow to their national consciousness when a national icon died on Sept. 18.

Ernie Coombs died at the age of 73, a week after suffering a stroke.

From 1967 through to his retirement in 1996, Coombs was better known to Canadian children as Mr. Dressup. Even now, I have a hard time dealing with it.

I was deeply saddened and part of my childhood died when I heard Coombs had passed away. I had watched Mr. Dressup for almost 15 years, from childhood to adulthood, and was 20 years old when the show went off the air.

There's something magical about watching a show from your childhood that still captures your imagination and attention in your late teens and early 20s. I don't know how many other Canadian children were like me, but I always wanted to live in the treehouse with Casey and Finnegan.

I wanted my own Tickle Trunk and all the amazing things you could find inside.

I always wished I could have been as artistic and entertaining as Coombs.

I remember when I went to see Mr. Dressup live at the Centre in the Square in downtown Kitchener.

It was the coolest thing I had ever done in my life at that time. I still think it's pretty cool that I got to see Mr. Dressup live. The lessons I learned from watching Mr. Dressup have stuck with me to this day.

That says something about the ability of one man to inspire children to grow up to be imaginative, kind, caring and respectful.

Outside of Sesame Street and Mr. Rogers Neighborhood, how many children's television shows had the longevity of Mr. Dressup?

How many shows had the same host doing more than 4,000 episodes with virtually the same message, and yet was entertaining every time?

It's shows like these that have a quality about them that allowed them to flourish through the era of Power Rangers and Teenage Mutant Ninja Turtles.



Jody Andruszkiewicz

A show like Mr. Dressup taught values and was still entertaining to watch despite its wholesome attitude. That is the true mark of a great show, but also the mark of a great person.

Coombs was so wonderful that in 1996 he was awarded the Order of Canada, our country's highest honour.

It's hard writing about a man I never met. All I got to know about this great Canadian was what I saw of him on television or read about him in newspapers.

What I learned to understand about Coombs was he loved children and wanted to see them grow up to be good people.

I also learned that outside of his love for children, he was a role model.

Doing the same thing day after day for more than 30 years and making it entertaining every time is something to be respected and admired.

I remember I used to look forward to hearing that familiar piano tune playing.

I'd stop whatever I was doing and sit down to watch. Now when I hear it, it'll remind me of Coombs' death and yet it will also bring me great joy as I will be reminded of my childhood and how one man helped to inspire me to be a better person.

# SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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## Censorship not the answer in times of mourning

The terror of Sept. 11 is still fresh in our minds. The footage still rolls by on television, pictures of the devastation can still be seen in the newspaper and the attack is still the topic of many conversations.



Tori Sutton

However, what many people may not have noticed is the lack of what they are hearing, or playing in the aftermath of the U.S. tragedy.

What is not commonly known is Clear Channel, America's biggest radio station chain, distributed a long list of questionable songs and titles to its 1,200 AM and FM radio stations nationwide advising the station managers to decide what songs are appropriate in their own listening area. As well, Ontario Wal-Marts received a memo from their head office advising each store to remove computer games, particularly flight simulators and combat games, from their shelves at the discretion of management. Microsoft Corporation decided to delay the release of the new version of their popular Flight Simulator game, that allows players to experience flying large planes from their personal computer.

So what does this all mean? Why are these corporations taking steps to control what the North American population is listening to and playing at times like these? Are they merely security measures, attempts to protect the feelings of the general public, or attempts to control what people can purchase or hear on the radio?

Unfortunately, these are happenings that our society has dealt with within the last few years. It seems that after great tragedies, restrictions are tightened and lifestyles changed.

For example, after the Columbine school shooting in 1999, steps were taken in some U.S. states to "control" the school atmosphere in the name of safety. Gothic students were encouraged to wear colourful clothing and band shirts and trench coats were banned from many high schools. Students were to carry clear backpacks or none at all to class, and other security measures were boosted at schools. This resulted in many students fighting the schools in order to be able to wear what they like, and express themselves as they saw fit.

Other measures that some schools took were never discussed, as it was clear that it was for students' protection.

Much like the reaction after Columbine, some steps that have been taken recently have blurred the line between safety and censorship.

Microsoft's decision to halt the distribution of their flight simulator game is simple. Microsoft was informed the terrorists involved in the attacks on the U.S. may have used their flight simulator games during their preparations.

In turn, the company decided to hold off on the release due to the possible involvement of the game in the attacks.

However, Wal-Mart's decision to pull game titles from their shelves is somewhat different.

Understandably, most stores pulled their flight simulation games and have not returned them to their shelves. As well, some combat games have yet to reappear for purchase. Is playing a combat game, perhaps simulating the happenings at Pearl Harbour or leading computerized troops through methods of tactical combat, a particular threat to North America right now, or is it just in poor taste to be playing them?

**It seems that after great tragedies, restrictions are tightened and lifestyles changed.**

Clear Channel's warning list of songs that might seem in poor taste is likely the most touchy subject. Some of the songs on the list of 150 are certainly inappropriate and likely to offend, such as AC/DC's Safe in New York City, which if played may cause some people to feel uncomfortable or outraged a station could air a song like that in such a sensitive time. However, some of the songs on the list do not involve loss, violence or subject matter that directly relates to the happenings in the states.

John Lennon's classic hit Imagine appears on Clear Channel's list of songs. Imagine is a well-known song, and most people are aware of its content. It is a song that speaks of peace, unity and other positive things. It is well known that the situation in the States is not a peaceful one right now, and many Americans agree that military action is the only way to deal with the atrocities committed on their soil, but is suggesting a song about peace not be played an appropriate action? Is it appropriate to suggest politically driven artists like System of a Down and Rage Against the Machine not be played right now all together? When is control too much control?

Just like after Columbine, lifestyles and mindsets could be drastically altered within the months to come. But in these times, will it make it better by not letting someone hear their favourite song on the radio or not letting someone play their favourite game? Is this just the beginning of something larger? What will be the next thing they decide is inappropriate?

The fact is that there are no easy answers in times like these. The shock of this situation will most likely be long lasting, but let us hope this great tragedy will not change our lives for the worse by stripping us of liberties like buying a video game, those liberties we take for granted. And let us hope that one day we might find some of the answers that we are lacking.

## Non-profit Web site aids victims

*This column appears weekly and focuses on interesting or fun Web sites that may be of interest to the students or faculty of Conestoga College.*

Helping.org is a useful site for anyone interested in starting their own non-profit organization, aiding victims of the terrorist attacks in America or simply volunteering their time.

Helping.org refers to itself as a "non-profit Web site that makes it easier and more convenient than ever for people to learn more about the causes they care about and to take action to help."

It is an organization created by the AOL Time Warner Foundation and all donations made through Helping.org are processed by United Nonprofit Operations Inc. They are a public charity recognized by the IRS and they guarantee the safety of your donations.

Helping.org also says that it provides "comprehensive online resources and tools to help non-profits integrate the power of the Internet into their strategic planning and to organize, recruit, fundraise and publicize their mission and successes online."

There are many different features available to interested Web surfers.

Helping.org is currently devoting



Marc Hulet

much of its site to the tragedy in America. There are eight related charity links available for donating funds including: the American Red Cross, the September 11th Fund and the Salvation Army.

I also highly recommend the Animal Disaster Relief Fund. It helps take care of pets abandoned in the disaster. There were more than 6,000 people who didn't make it home to feed their pets.

Like Americans, Canadians feel saddened by the events in the U.S. so this site is valuable for those looking to not only help victims, but also those needing help coping with the graphic events.

One of the areas I found most interesting was the How to Cope section.

This area has links to many helpful sites for people having trouble dealing with the tragedy in the U.S. Such links include the American Psychology Association, GriefNet and the Trauma Information Page.

As well, there is an area for parents called Parent Talk that offers advice on how to talk to your kids

about the feelings they're having. The images they see on TV and the things they hear adults talking about can frighten anyone — especially children.

For teenagers, there are sections where they can go and chat with other teens about the terrorist events and how to cope with them.

For people with non-profit organizations, there are tools and resources for helping your organization make the most of the Internet. These include: planning a Web site, online discussion groups and finding technology funding. The site can also help you recruit volunteers and spread the word about your organization.

Another really important section at Helping.org is the "quick search" tool that allows you to find non-profit groups needing volunteers. Sometimes people want to volunteer but don't know quite how to start. Helping.org makes it easy for you.

Whether you are interested in volunteering, starting your own organization or simply helping out in the U.S., Helping.org is a valuable and interesting Web site that fits the bill.

Anyone who knows an interesting or fun Web site can e-mail me at [king\\_koala@yahoo.ca](mailto:king_koala@yahoo.ca). Your suggestion could be used in an upcoming column.

## Grade 9 too early for career decision

Students today are asked in Grade 9 what career they want to pursue after high school. I cannot understand how 13- and 14-year-olds are supposed to know what they want to do for the rest of their lives. When I was in Grade 9, I wanted to be a lawyer, then I got my first report card and the rest is history.

Guidance counsellors are trying to get students to select courses based on what career they would like to pursue. The students are then asked to select co-operative education courses to give themselves experience with their career of choice.

Now I am no rocket scientist, but I cannot picture myself walking into high school with a career in mind, attending classes based on that career and then sticking with it for the duration of high school.

High school is the time in a person's life when they are trying to figure out their true identity by realizing who they really are. High school students already have to deal with puberty, peer pressure, dating and grades let alone their career. How do school officials expect teenagers to decide their



Denis Langlois

future, when they are so young?

I guess if you look on the flip side, the students will be more prepared for their chosen field after high school is through. But

picture this: a student wants to be an artist in Grade 9 and only takes art classes along with mandatory courses. Then later in high school, the student discovers he would rather be a scientist. Is it really fair that this student has to go back and take the courses he needs just because he changed his mind?

One could also argue that another benefit of the school's approach is that once it is time for students to select post-secondary education, they will be well prepared for the program they want. This is true, but what if they don't have the marks to get into that program? Are they supposed to take additional courses because they have limited themselves to only one career?

I just think that five years in a student's life is too long to decide on a course and stick with it. It just doesn't work that way. People change all the time. I am far different than I was in Grade 9 and to tell you the truth, I just didn't know enough about life to decide on a career when I was only 13.

**I cannot understand how 13- and 14-year-olds are supposed to know what they want to do for the rest of their lives.**

My solution to this problem is simple. I say let teenagers be teenagers and encourage them to take as many courses as they can. This way, they can open all the doors necessary to provide a lot of leeway in deciding on a career. If you encourage students to expand their horizons, they will be better prepared to choose from a greater selection of careers when the timing is right.

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- ✓ **HEADACHES**  
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Temporary loss of speech or trouble understanding speech
- ✓ **DIZZINESS**  
Unsteadiness or sudden falls, especially with any of the above signs



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## Six students join CSI board of directors

By Sanja Glibota

Conestoga Students Inc.'s board of directors elected six new members at its Sept. 18. meeting.

Jon Olinski, president of CSI, said he was surprised that the board received 10 applicants because no one applied for the positions at the last election, which took place in April.

More positions became available after two elected board members quit during the summer, leaving the board with three CSI executive and four elective members when it reconvened in September.

Other members of the board include Brett Tucker and Ellen Menage from the college alumni services, but they still need to be approved for voting privileges at the annual general meeting.

According to Olinski, there were no guidelines on how the election should be conducted and the board decided to use a standardized interview consisting of nine questions.

"The only guideline is that the board elects the new members when there are empty spots, which would be done in any other corporation," he said.

He added that the bylaw doesn't stipulate that students have to

attend a program in a certain area of studies to represent that area.

"There were more than enough applicants from business and health sciences, but nobody came forward from preparatory studies," Olinski said.

New members of the board of directors are: Matthew Ruiss, representative for applied arts students; Jennifer Harris, health and community services; Gavin Vam Camp, technology; Riz Jamal, business; Vicki Thornley and Francesco Robles, preparatory studies.

Olinski admitted the choice was hard to make.

"It was a very strong group and that is why it took us so long (almost three hours) to go through all the interviews," he said. "Everyone who came there could have been easily elected."

He also said the decision was based on the interviewees' personality and their ability to commit time.

"We were looking for people with different personalities and interests. We realized that having people with different skills, strengths and weaknesses is good. If we didn't have that, we would lose all kinds of ideas," Olinski said.

## Almost \$2,000 raised for needy students by CSI

By Sanja Glibota

Conestoga Students Inc. raised almost \$2,000 to help feed hungry students at the college.

Jody Andruszkiewicz, the CSI's vice-president of academics, initiated the fundraiser and was thrilled to see his goal of \$1,000 surpassed.

To raise the money, Andruszkiewicz agreed to shave his head and legs, and wear women's clothing at the college for eight days in return for donations. A silent auction was also held.

"I just wanted to do something a little outrageous, wild and crazy, so when people stopped me in the hallway and asked why I was wearing women's clothes, I could tell them I was promoting an event," he said.

He also advertised the fundraiser by talking to faculty, students and the top administrators at the college.

"Students wanted to help, they just needed something to get the ball rolling," Andruszkiewicz said.

Between 200 and 300 students at the college used the food bank last year.

"That is a lot of students. Just

imagine, so many students are paying for an education and they are going home hungry," he said.

"I don't know how many students need help this year, but there are more students at the college now and there might be more need to use the food bank."

Proceeds went to student services, which will distribute the funds to needy students through vouchers.

The students' food bank will also be refilled.

Andruszkiewicz said he wants to ensure the food bank stays filled throughout the year.

"It is important to keep those shelves full all year, but especially around the holidays such as Thanksgiving and Christmas," he said.

"I'd like to do a Thanksgiving food drive."

Although he didn't reveal any specific plans, he said it might be something less shocking.

"I don't know what I'm going to do," he said. "But I don't want to be known as a guy who shocks people into getting involved."

"I want to be known as a guy who inspires people into getting involved."



Jody Andruszkiewicz, vice-president of academics with Conestoga Students Inc., wears women's clothing Sept. 20 as a fundraiser to help feed hungry students at the college.

(Photo by Sanja Glibota)

## Three Waterloo bars merge to become great big Fiasco

By Mike Sperling

Johnny Fiasco's is expanding into Jose's Noodle Factory and Loose Change Louie's over the next few weeks.

General manager Brent Hughes plans to make a restaurant, a lounge and a bar out of the three bars at 140 University Ave. W. in Waterloo to benefit customers. He will be using Fiasco's concept.

He also wants to move the restaurant and its decor from Fiasco's to Jose's, as they are located beside each other, although separated by a wall.

Some walls will be torn down to

make gateways between the bar and the restaurant for easier access.

"It's very important for us to join and expand beyond these walls," Hughes said.

By moving the restaurant into Jose's, he thinks it will receive better exposure and lighting because it is on the corner of the building.

Hughes is familiar with the area and the marketplace because he opened Louie's in 1993, which used to be a pool hall and slowly became one of Waterloo's top bars.

After realizing what the students in the area wanted, Louie's made a transition that within about four years caused business to grow by

approximately 300 per cent.

He is excited about the outcome of this project and thinks they now control a decent size of the market.

He is open to any new ideas and wants to provide a friendly atmosphere for everyone.

Security will act the same as it has in the past where the doormen do not throw people out of the bar but rather talk them out.

"These people are in our house," Hughes said. "I want them to have a good time."

He said people can get to know each other's names in a smaller environment while larger places take away from the atmosphere.

The only thing in the mind of Hughes when dealing with competition is the price of drinks, food and cover charge at the door, which he feels bad doing.

"I want to give you something for your money," he said regarding the idea of charging cover.

Also, he said the restaurant will focus on things like making portions bigger but having the prices remain roughly the same.

For the past six months, Fiasco's has extended a VIP package to groups which features a line bypass and other special benefits.

By phoning ahead with the number of people in a group and the type of event being celebrated, a group can skip the line at the door and go right into the bar.

The phone number for Johnny Fiasco's is 883-8578.



Johnny Fiasco's, Jose's Noodle Factory and Loose Change Louie's, all on University Avenue in Waterloo, will share the concept of Fiasco's.

(Photo by Mike Sperling)

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# Log on to Conestoga's new Web site

By Denis Langois

Conestoga's new Web site will contain many features that will benefit students by reducing long lineups and making information easier to obtain, according to the chief information officer.

Richard Gibson, who is the head of all information technology (IT) functions for the college, said there will be significant improvement in the value of content on the site.

The new site, which will be launched Oct. 1, will eventually allow students to make payments, purchase parking passes, receive marks and get schedules online.

Gibson said the goal of the new Web site is to make navigation easier.

"We want to make sure that things are organized logically," he said. "And we want to make the site easier to use than it ever has been."

A needs analysis, which was cre-

ated after interviewing people throughout the college, was conducted to find out what people wanted to see on the site and what interactive services should be put into place.

"Through the interviews, we have developed a list of about 150 projects that need to be done to the site," Gibson said.

One of the projects that Gibson hopes to include on the site is a section for interactive capabilities to allow students to upgrade courses and do electives and night courses online.

The Web site was designed and constructed by a Web committee, which included deans, technical staff and faculty.

The college also worked with eSolutions, a firm based in Waterloo, to help conduct the needs analysis.

Students were not included in the committee because work on the site



Richard Gibson, chief information officer, shows off Conestoga's new Web site that will officially be online Oct. 1 and will include many new features.

(Photo by Denis Langois)

began during June and July, when students are on summer holidays.

However, students on campus in the summer were included in a focus group to decide on the

appropriate graphics for the new site.

"Our committee chose a different design for the site," he said, "but we went with the focus groups

results to better reflect the customer."

Although the site will be up and running on Oct. 1, Gibson said the plans for the site are flexible and the list of plans can be added to if it's required by the students.

Many of Conestoga's students have their own suggestions for the site.

"I would like to see a list of activities that are taking place at the college," said Julie Cleaves, a first-year general business student.

Cleaves said she would also like to see a list of sports that are available at the college.

Gibson said he will take into consideration all suggestions students have. "We are very open to suggestions about what will be on the site," he said.

If anyone has recommendations for the new site, you can e-mail Richard Gibson at rgibson@conestogac.on.ca.

## Criminal Code allows forceful discipline

By Marcy Cabral

According to Section 43 of the Criminal Code of Canada, any person standing in the place of a parent has the right to forcefully discipline a child within reason. However, there is no clear definition of what is considered reasonable.

The Ontario Court of Appeal adjourned Sept. 10 to review the constitutionality of Section 43, which grants parents, teachers and guardians the right to use physical force on a child, but does not permit child abuse.

Titia Taylor, a faculty member for the Early Childhood Education program, does not agree with using any methods of force to discipline a child.

"I personally don't believe in spanking a child," she said.

Taylor believes teaching children discipline should be more about teaching inner control and proper behaviour.

When a child misbehaves at the campus day care there is no shaming, no isolation and no punishments.

Instead the child is spoken to about what they did and how their incorrect behaviour will not get them what they want.

"We have respect for children as human beings and we're trying to guide them in reasonable ways instead of using force," she said.

Denis Langois, a second-year journalism student and father of a two-year-old son, believes the best way to discipline children is to let them know they did something wrong without making them overly upset, either through timeouts or grounding.

"I think it's so wrong to hit anything, any child, anyone," he said.

Langois believes spanking, as a means of discipline, can cause a child to think hitting is acceptable. For example, if a child hits another child and gets spanked from an adult then the child can easily think that hitting is right and continue doing so.

Spanking children repeatedly can often lead to a violent child, he added.



Denis Langois, a second-year journalism student, reads to his son at his home in Cambridge.

(Photo by Marcy Cabral)

"There has to be something outlining what can and can't be done because otherwise people won't know the boundaries," Langois said.

Currently, Section 43 allows extremes because reasonable is not clearly defined within the law. Until this is amended parents are going to worry about the kind of freedom they can have raising children, Taylor said.

She also stated that society is going to have to take a serious look at how parents are trained to deal with disciplining a child, and be able to give alternatives other than spanking.

Though some parents may

believe the removal of Section 43 will bring an infringement of parental rights, Taylor believes parents will not lose authority over their children regardless of the result.

It will most likely be months before the Ontario Court of Appeal reaches a verdict and officially announces a decision to either allow or eliminate Section 43 of the Criminal Code.

"I don't believe eliminating Section 43 in itself will eliminate the act of striking a child, but we must definitely send signals that society is saying acts of physical violence are unnecessary and need to be avoided," Taylor said.

## Day care assists low-income families

By Marcy Cabral

One in five children are living below the low-income standards set by Statistics Canada, according to a report issued by the National Council of Welfare.

The advisory group to the federal government believes more money and a national network of programs could be the key to offsetting the high statistic.

Violet Nemec, supervisor at the Doon Day-Care Centre, believes the number is pretty accurate.

"I do agree with (the statistic), but here at our centre I really don't see it. But that's not to say it isn't out there," she said.

Nemec does everything she can to assist struggling families with children at the day care.

"I have a couple of families who don't get paid until the middle of the month and our policy is (payment at) the first of the month, but they've made arrangements with me to pay in the middle," she said.

The facility charges \$860/month for infants, \$730/month for toddlers, and \$600/month for preschoolers. The centre also has programs for junior and senior kindergarten children for \$440/month, as well as a school-age program for \$115/month for

morning placements and \$150/month for afternoon placements.

In order to assist low-income families in search of day care, the facility offers subsidized spots, but the family is first required to make an appointment with the Childcare Subsidy Office of Kitchener-Waterloo.

According to Sherri Phillips, manager of child-care subsidy for the region, a financial assessment comparing the family's income and assets must be done, before a subsidy can be granted.

"It's based on an individual need including the financial status of the family," she said.

The assessment includes all sources of income: salary, grants, bursaries, loans, and other forms of financial assistance. For students requiring a child-care subsidy, OSAP is also included as a source of income because it is distributed throughout the year, Phillips said.

The subsidy, funded by the region's ministry of community and social services as well as the region, is assisting between 4,000 and 5,000 families in the area, she added.

Currently at the campus day care there are 10 families who receive a child-care subsidy.

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## Conestoga hosts 20th Oktoberfest Breakfast

By Shannon McBride

Breakfast is served. And if Beth Esenbergs has her way, 20,000 people will come to eat it.

Esenbergs, co-ordinator of the food and beverage management program at Waterloo campus, says that's the goal set for her program's 20th Annual Oktoberfest Breakfast.

"For the past few years, we have served 10,000 to 11,000 people," she said. "This year we want more Conestoga students to come out and support the event's 20th anniversary."

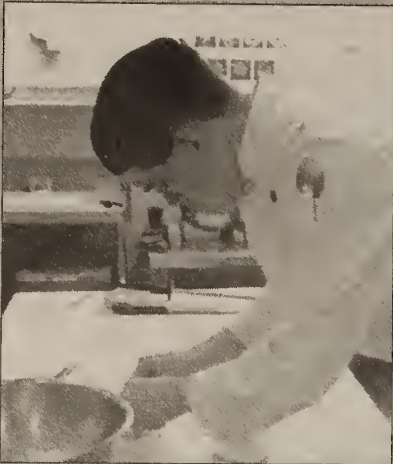
She hopes the breakfast will raise awareness of the Waterloo campus and the food and beverage management program. "I think because we aren't located at Doon, people don't know about our program," Esenbergs said.

The breakfast, which will be served on Oct. 6 at the Waterloo Town Square, is a yearly event put on by the program and the new chef training program.

The students and teachers of these programs volunteer their time to serve breakfast to the community, while raising money and collecting food for the Waterloo Food Bank.

"I really would like to get the word out there that food and beverage management is a program that helps the community," Esenbergs said.

With the breakfast taking place on Thanksgiving week-



Dan Henderson, a food and beverage management student, makes a goat cheese wonton.

(Photo by Shannon McBride)

end this year, instructors hope to convey a celebration of the harvest through giving a free breakfast to the community and having the community give back to those less fortunate.

Chef Philippe Saraiva, an instructor, said the breakfast is a great kick-off to the Waterloo Food Bank's Thanksgiving drive.

Pancakes with syrup, sausage and coffee will be served free of charge from 7 a.m. to 11 a.m.

"We consider it a goodwill gesture," Esenbergs said, adding they have been able to serve the breakfast for free because of sponsorship from Conestoga College and a local radio station.

The breakfast will be host to Miss Oktoberfest and College President John Tibbits and will feature a live band.

## Oktoberfest celebrations start Friday

By Julie Graham

On Oct. 11 students who were lucky enough to get tickets will be shaking their booty to the hottest music around Kitchener-Waterloo. However, it won't take place at the newest nightclub, the music will differ from the usual top 40, and the main dance will be the polka.

If you guessed the students will be at Oktoberfest, you'd be right. This year, the Bavarian festival runs from Oct. 5 to 13 with college night on Oct. 11 at Queensmount Arena. Joining Conestoga this year at Queensmount will be St. Claire, Fleming and Centennial colleges. The arena is located at 1260 Queens Blvd., and doors open at 8 p.m.

Jon Olinski, president of Conestoga Students Inc. (CSI), is excited and said last year CSI sold 1,000 tickets in advance.

"It's our biggest event of the year. Even old alumni come back for college night," said Olinski.

Tickets are \$10, which is \$5 less than a non-college night ticket, and students who arrive before 8:30 p.m. will receive a free gift. Students will also be able to listen to the best polka music with three-time Grammy winner Walter Ostanek performing. Ostanek, who is a respected accordion player and known as the King of Polka, receives

requests to play at Oktoberfest celebrations all over the world, but performs in Kitchener every year.

According to Larry Blundell, executive director of Oktoberfest, an estimated 700,000 people attend the event. For new students who don't think they will have too much time to fest, Blundell said not to worry.

"There is a new experiential program located downtown this year for people out of town or those who only have a few hours in town. The site will give them an overview of the festivities, all in one spot," said Blundell.

Buses from Conestoga will give students transportation to Queensmount, however students who go festing on weekends will receive free Grand River Transit bus rides on the Friday and Saturday nights.

Oktoberfest will feature 18 fest halls and 40 family events this year. The annual Oktoberfest parade down King Street is on Oct. 8. Hans Haus, located at 17 Benton



Marketing students Matt Bellew (left) and Scott Perchaluk show off the Oktoberfest tickets they purchased from Conestoga Students Inc.

(Photo by Julie Graham)

St., is a must-see for new festers. The store sells Oktoberfest souvenirs such as signature feather hats, shot glasses and clothes. However, if students can't make the trip downtown, CSI sells Oktoberfest hats for \$9.95 and shirts for \$6.

For more information on Oktoberfest check out the official Kitchener Web site at: [www.oktoberfest.ca](http://www.oktoberfest.ca).

## College does good job of recycling waste at the college

By Janine Toms

Trends may fade, but one that has been at Conestoga College since the late '80s is still going strong. Recycling has become a way of life to many and the blue recycling boxes students see on every floor are usually full each day.

A recent survey of schools participating in a recycling program rated Conestoga College as No. 1 in Ontario for their volume of recycled waste.

Barry Milner, manager of physical resources, said there are no additional costs to recycling, as opposed to taking waste to a landfill site.

In 1987, Conestoga College recorded the annual amount of waste being sent to landfill sites. Municipal officials decided that from this amount, a 50 per cent reduction of waste should be made by the year 2000. In last year's assessment there was a 58 per cent drop in the college's waste.

Milner said the effort to date has been good. "One hundred per cent is very hard to achieve when you're talking about recycling."

Back in 1989, a recycling project was set up and run by volunteer students and faculty at Conestoga College, and in 1991 physical resources took over the program. Physical resources then expanded the project to include materials such as glass, corrugated cardboard and newsprint, the type of waste most students see in recycling bins. However, the college also recycles wood, metal, motor oil and computers.

Another program the school is involved with is to reuse old equipment and furniture from the college. Conestoga contacts Habitat for Humanity or other similar organizations to donate items.

"The recycling program is quite positive. I believe the college community participates very well and should be proud of themselves," said Milner.

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# Paying by debit at cafe

By Shannon McBride

The new debit machine in the main cafeteria at Conestoga College is being widely used by students.

John Kast, head of food services, said with each passing day the debit machine is becoming more popular.

"The machine is being used 35 to 50 times a day," said Carol Duby, a cafeteria cashier who works in the debit machine line.

Despite its popularity among students, there will only be one machine in the college this year. There is a possibility that Dooner's Coffee Shop will receive a debit machine next year.

"It's being tested down in the main cafeteria and if it works, it may be brought up here (to Dooner's) next year," said Renate Rathwell, the supervisor at Dooner's Coffee Shop.

"The cost of installing the units is just too much right now," Kast said.

The cost of the new machine is \$2,500. There is also a monthly charge of \$50 to have a separate phone line.

Despite the costs, Kast said the implementation of debit had to go ahead.

"We had a lot of requests from students and with only one bank machine on the premises, getting cash can be utter havoc," he said.

Instead of waiting in line for cash from the bank machine, students and staff can now pay directly for



Mike Walter, a mechanical engineering student, is one of the many students making use of the new debit machine in the main cafeteria.

(Photo by Shannon McBride)

their food in the cafeteria.

"The debit machine is just more convenient for the students," Duby said, adding the dial-up time isn't too bad and the students don't generally mind waiting. If students want to use cash, there are two separate cash-only registers that may

get them through faster.

Even students that haven't yet used the machine said it would be more convenient for them.

Chris Wilk, a mechanical engineering student, said he's happy. "I hate waiting in line for the bank machine."

## CSI scholarship, bursary offered

By Nicole Childs

Conestoga Students Inc. is offering a scholarship award as well as a bursary for students who demonstrate community involvement and participation within the school.

Both the bursary and the scholarship are made up of \$1,000 divided into 10 different awards. The money is donated by Conestoga Students Inc. (CSI) out of their operating budget and is offered as a way to provide students with a little extra money at the end of the year.

The scholarship and bursary awards have been given out for many years. According to Jon Olinski, CSI president, the scholarship and bursary have been in the budget for as long as he has been in the CSI and probably longer than even that.

It is up to the Conestoga Board of Directors whether or not it will continue each year but Olinski says that the only thing that has changed is the way it is distributed.

The requirements of the scholarship and bursary can change during any year if the board of directors thinks it must. Mainly, candidates for the scholarship must be full-time students of Conestoga College and are

expected to have an active involvement in student life activities such as the Walk Safe program, CSI activities or the Conestoga Business Students Association.

Active involvement in clubs or jobs within the college are also considered.

The CSI also looks at community involvement with such organizations as Big Brothers and Big Sisters as well as a student's academic achievement when awarding the scholarship.

The bursary, which is also given out each year, is based more on a student's financial need rather than participation and academic achievement.

Olinski said the CSI splits the \$1,000 into 10 awards to give a little bit of money to as many people as they can and benefit as many people as possible.

The scholarship and bursary are awarded at the end of the year just before graduation when a lot of students need a little extra cash and Olinski said, "If you're really strapped it comes at a good time."

Students interested in applying for either the scholarship or the bursary may obtain application forms from the CSI office, the student services office or the registrar's office.

# Conestoga's fall semester tutoring program takes off

By Stacey McCarthy

If you need help -- put your hand out. Conestoga College's peer tutoring program has a whole fleet of qualified tutors available to assist students in a variety of programs.

About 90 new and more than 200 returning tutors will take part in this year's program. They are available for one-on-one sessions or group sessions with three or more pupils.

This year's training sessions for tutors took place on Sept. 15 and 22. Following their completion of this session, students can be paired with a peer tutor for five-week contracts.

In order to qualify for a peer tutor position, a student must achieve 80 per cent or over in the course they wish to provide assistance in. As well, they must be recommended by a teacher following completion of the course.

"A tutor has the option of being involved in a writing, literacy or subject tutorial," says peer services administrator Melissa Turner. "And they are paid \$10.50 for each hour of assistance."

In a tutoring contract both the tutor and student are required to meet for at least one hour a week for a total of five hours a month.

"Tutors meet with at least one student," says Turner. "Some might even take on four or more depending on their schedule."

The program is sympathetic to student pressures however. While students are not encouraged to drop a contract in the middle, it is some-

times possible for another tutor to pick up the rest of it.

"But keep in mind that it's only about one hour a week," says Turner. "It's best to honour your commitment and complete a contract."

In training tutors are taught necessary skills through the "tutor cycle." This covers how a regular session proceeds as well as how to deal

with possible learning disabilities.

"We also teach something called 'core peer training,'" says Turner. "It deals with how to be a peer helper involving boundaries, responsibilities and confidentiality issues."

Tutors sign confidentiality agreements that ensure they keep confidential any aspect of their sessions during and after contracts

have ended.

It takes a certain kind of person to become a peer tutor. Possible tutors attend an interview to determine whether the tutoring program is for them.

"There are important qualities to have," says Turner. "Our tutors should have good communication and interpersonal skills, patience and be friendly, flexible and

approachable."

Tutoring sessions are done on-campus where pairs meet at a time convenient for both.

Students interested in meeting with a peer tutor can pick up an application in the student services office. Students will then meet with a co-ordinator who will determine their needs and pair them with a suitable tutor.

## COUNSELLOR'S CORNER: Roommates

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the potato chips can cause tensions between people who aren't used to living together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a "high dirt tolerance" that will have your roommate gnashing her teeth by the end of September?

Some areas to discuss include:

- ♦ space: private versus common areas
- ♦ food costs: shared? designated fridge space?
- ♦ quiet hours for morning, study time and at night
- ♦ guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

*A Message from Student Services (Room 2B02)*



## Students differ in views about aid

By Sarah McGoldrick

Since the recent terrorist attacks in New York City, the Canadian government and its citizens have been asked to help the United States with its war on terrorism.

Canada has also offered its assistance with the clean up and given cash donations.

During a random survey of students at the Doon campus of Conestoga College on Sept. 20 and 21, student's opinions on what Canada's role should be in the campaign



Murphy

were mixed.

Mike Murphy, a marketing student, feels Canada should be involved.

They (the Afghanis) deserve what they get. Canada should help make them pay," Murphy said.

He added that it was necessary to help because Canadians were lost in the attack.

Second-year nursing student Christa Adair believes Canada should get involved but in a limited capacity.

"I don't think fighting is going to solve anything. To use the cliché, two wrongs



Adair

don't make a right," Adair said.

She thinks that if Canada does get involved, it should be by providing supplies, food, water, and medical supplies to NATO troops and Afghanistan citizens.

General arts and science student Tom Moffatt said he believes Canada and the United States are interchangeable with certain beliefs and freedoms.

"Neither country should stand for that behaviour," Moffatt said. "We should make ourselves totally available at their request."



Moffatt

Lola DeMars, a third-year computer programming analyst student, thinks Canada's role should be a minor one.

"I don't see why our people should have to fight," DeMars said.

She added if our assistance was required, she would like to see it used in non-military roles.

DeMars said she didn't think Canada needs to become heavily involved in the fight against the Afghanistan people.

She added there was no reason to have a major war like the one Bush has been proposing on tele-



DeMars

vision and radio.

Jennifer Kotsamanes, a second-year early childhood education student, said Canada should be involved in the fight.

"What they (the terrorists) did was wrong," she said, adding Canada should offer the U.S. supplies rather than pieces of military equipment.

She added the pressure the U.S. is putting on nations is not the right way to get support.

"We should get involved but it should be voluntary not forced."



## Terrorism in States delays movie releases

### Students have mixed reactions

By Kathleen Deschamps

Fall is usually a great time for movies. All of the wonderful Oscar contenders are hitting theatres at a rapid pace. Due to the terrible tragedy in the United States, many movies have been delayed. Promotional scenes for Spiderman had to be edited out because they contained shots of the World Trade Center. An Arnold Schwarzenegger movie was also delayed because it contained graphic scenes of terrorism and Tim Allen's new movie was pushed back because of its violent content.

Should the world ignore that these places ever existed, or does the world just need proper time to mourn before we go back to gleefully watching killing sprees and the horror projected on the big screen?

Random students around Conestoga College were asked whether or not they believed it was necessary to delay movies that contained scenes of terrorism or the World Trade Center.

Jennifer Kamminga, 18, a first-year nursing student, believes that the movies should be delayed. "It's a matter of respect," she said. "We have to give the States a time to mourn."



Kamminga

Trevor Matkovich, 18, a first-year robotics engineer student, believes we should give people a time out from violent movies. "It's like kicking someone while they're down," Matkovich said.



Matkovich

Second-year marketing student Alicia Olivares, 21, agrees. "We all

have to stand together and grieve with the States."

Gavin Van Camp, 20, who is studying mechanical engineering, says movies should not be delayed because we should not make any exceptions.

"We make movies about Nazis and Russians, and we traumatize many cultures," Van Camp said. "I feel for the people who would be offended, but they can just choose not to go to the movies. If I had parents that were killed in the Holocaust, I probably would not go to see Schindler's List."

Stewart Dunn, 19, who is in his first year of business administration studies at the college, said, "Let's move on a bit now, though."

Eventually the world will pick up the pieces, he said, brush itself off and get back to normal. Sports will go on, flights will depart and movies will play. But there might never be a time when a movie doesn't offend someone. There will always be victims.

First-year journalism student Brent Thede, 21, believes the opposite.

"I don't think that letting the movies play will promote more terrorism."

"Perhaps they should delay it by one week to let people heal. But holding off a movie for a long period of time could prove unnecessary," he said.



Olivares



Van Camp



Dunn

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### Current Honorarium: \$480/month

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For job description and qualifications, please come down to the CSI office.

Deadline: Monday, October 8 at noon





# Entertainment

## Say cheese!

SPOKE, Oct. 1, 2001 — Page 11



Jocelyne Hill (left) and Kimberley Osmond, first-year pre-service firefighter students, practise tying a knot in full gear on Sept. 21. They are two of the five females in the class of 30 students.

(Photo by Sanja Glibota)



(From left to right) Dan Fogal, Christopher Sim, Andrew Linthorne (behind), Joel Bromley and Joel Perriman have fun learning new skills and making life-long friendships in the college's new pre-service firefighter program.

(Photo by Sanja Glibota)



First-year paramedic students Gayle Reid (left) and Bobbi-Marie Hill fill out order forms at the Imaginus poster sale on Sept. 21.

(Photo by Tori Sutton)



Tables overflowing with garbage are a common sight in the college's Sanctuary and main cafeteria since the beginning of the school year.

(Photo by Sanja Glibota)



Darcy Chogvotte takes the puck up the ice during shinny hockey at the Conestoga recreation centre Sept. 12. Shinny hockey is open to students and faculty every Wednesday at the centre.

(Photo by Vanessa Laye)



Mark Burley, program director for CJIQ, works with a computer to set the programming for the radio station. The station can be heard at 88.3 FM.

(Spike photo)



Brian Erb, maintenance technician with physical resources, fixes the handicap automatic door-opener at Door 5 of the main building.

(Photo by Reni Nicholson)



Durham Lord player Kim Phillips runs toward third base in a game against the Conestoga Condors at Durham College in Oshawa on Sept. 13. Durham beat Conestoga 9-5.

(Photo by Lisa Hillier)



# The high-speed Internet decision

By Reni Nicholson

Selecting which high-speed Internet service to use is an easy decision for the home user.

With Internet access limited to the two largest providers — Bell Canada's Sympatico digital subscriber line (DSL) and Rogers' @Home cable service — or even a local high-speed Internet provider the choice can be clear.

But for Conestoga College, large corporations and even small businesses there are different options all together.

Conestoga has three Internet providers serving the networking needs of the college's five campuses, 1,217 student accessible computers and 725 desktops used by faculty and support staff.

Doon campus Internet access is serviced by two high-speed network companies. Each of these companies provides a T1-speed

Internet service, operating at 1.544 megabits of digital data per second.

These two circuits are "bonded" into a single computer connection.

Conestoga's Chief Information Officer Richard Gibson said having two providers allows for backup in the event of the loss of one of the Internet connections.

Waterloo campus, which has the fastest Internet connection at the college, is serviced by an asymmetric digital subscriber line (ADSL) Internet service. The campus has a download speed of two megabits per second and an upload speed of 640 kilobits per second. Stratford campus access is similar to Waterloo's. It uses a DSL connection for businesses, which is different from the Sympatico home users' DSL.

Guelph campus is connected through an integrated services digital network (ISDN) at 128 kilobits per second to Golden Triangle,

while the Cambridge campus is being hooked-up this fall with a similar ISDN line. ISDN is regular dial-up access, which began in the mid-'80s with an up-stream of 64 kilobits per second.

All of Doon's sister campuses, excluding Stratford, are or will be connected and backed up through the fibre-based Waterloo Region Education and Public Network (WREPNet) at Doon.

WREPNet is a private regional network servicing members such as the Waterloo Catholic and Region District school boards, the Region of Waterloo, the cities of Waterloo, Kitchener and Cambridge, the Waterloo, Kitchener and Cambridge public libraries and Conestoga College.

WREPNet uses 550 kilometre of fibre-optic cable leased from Fibre Tech to interconnect the networking at each of its 217 locations and 14,000 computers

across the region.

Internet service has come a long way since its birth in the late '70s. A T1-speed Internet service is fast. For example, most starter DSL (Bell Canada) accounts offer 1184 kilobits per second download and 160 kilobits per second upload access, while cable (Rogers) offers theoretical data transfer rates of 27 megabits per second. For a number of reasons, connection speeds mostly range from 500 kilobits per second to two megabits per second.

If a T1 connection doesn't cut it, then there is always a T3 service available for a hefty price. Used mostly by companies the T3 has the ability to do 30 times what T1 access does, handling 44.736 megabits of data per second. For some reason, the idea of a T2 connection was bypassed altogether.

"The main difference between the college's Internet feeds and consumer DSL or cable service is

that the total bandwidth (download and up-load speed) is guaranteed, all the time, unlike shared consumer services," said Gibson.

He added that many of the consumer-targeted Internet services, such as Sympatico or @Home, do not offer "end-to-end" monitored network management and guaranteed access to such a large number of Internet-ready computers. The current contract provides the college with these capabilities.

"We regularly monitor our (the college's) use of the Internet. We are looking at ways to better utilize the capacity we have now. At this point in time, we have cost-effective arrangements and a very high quality of service with our current providers.

"For Internet service, a fibre-based service will be required in the future to provide more capacity as the demand for Internet service grows," said Gibson.

## Privatized print shop offers new style of business

By Laurie Vandenhoff

Like elves in Santa's workshop, they toil away. Giant, loud machines surround them and it smells of fresh ink. Diligently they recreate the yellow course outlines, assignments and tests. But students shouldn't hate them because they have lots to offer them too.

The "elves" are the men and women of the print shop and unlike Santa's helpers, this is their busiest time of the year.

"We are still working on material for the beginning of the school year, said Lynn Knowles, a print shop employee for 13 years.

The print shop services faculty, support staff and administration at all five campuses, easily keeping them busy through October.

This year, the employees of the print shop had to adjust to more than just heavy workloads. Earlier this year the college decided to privatize the services of the print shop.

On July 31, a company called Grenville Inc. officially took over the operation of the print shop.

Grenville Inc. is a private printing company hired by the college to administer a retail-based printing service. The takeover also frees the college from having to invest in new equipment.

The employees of the print shop, Knowles, Ed Riehl and Kathy McManus, continue to be optimistic despite the changes.

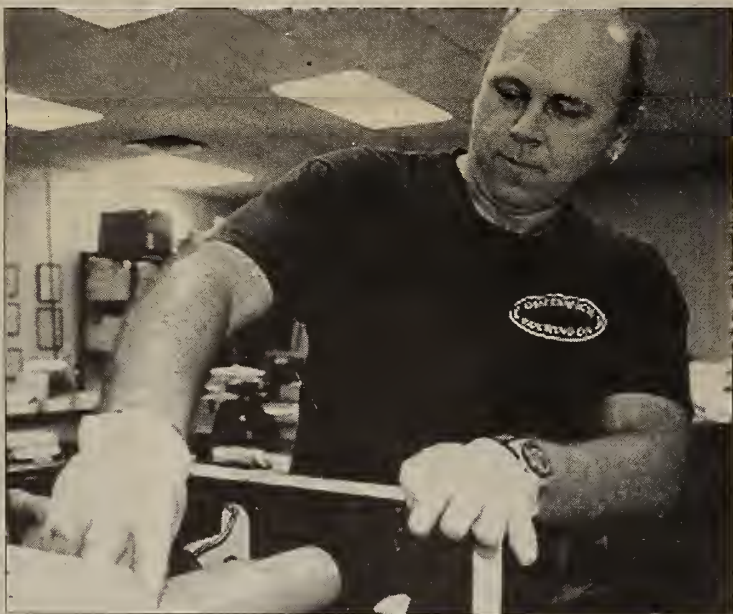
Knowles said it's too early to say how well the change is going.

"It happened at a busy time of the year... the worst time of the year," she says.

This year the print shop is behind on work, more than any previous year. It remains difficult to keep up because employees still have to be trained on new equipment.

However, there is a good side to the takeover.

"Although costs have gone up, we do offer more services," said



Ed Riehl, a 17-year employee of the print shop, works on the equipment on Sept. 20. The print shop was recently privatized and employees have been learning how to use new machines.

(Photo by Laurie Vandenhoff)

Riehl, a 17-year veteran of the print shop. "We never did colour copying before."

The staff is also pleased with the new equipment.

The print shop has machinery that will do black and white copying, colour copying, overheads, spiral binding and faxing. There is also a chance they will receive a laminating machine.

Spiral binding and overhead copying are the most popular services for students.

However, September is not a busy time for students using the print shop.

Knowles said the print shop sees a lot of students coming in around the time they start doing projects.

But a lot of students are not aware the print shop exists, especially first year students.

In previous years it was not necessary to advertise to students because the print shop was not a

retail business.

However, the takeover has changed a lot of this. Grenville moved toward a more retail business for students.

"Now we run everything through a cash register. We used to have a very formal arrangement," said Riehl.

Another difference is the presence of advertising.

"I've been told Grenville has been advertising," said Riehl. "I'm sure there will be more at some point."

Some students are only familiar with the service offered by Conestoga Students Inc.

They also offer copying and faxing services. However, they are completely separate from the print shop.

The CSI runs on money from students' tuitions. The print shop receives its operating costs from the college and revenue from the retail services provided for students, explained Knowles.

## Take a trip with the CSI

By Tannis Wade

Conestoga Students Inc. provides many opportunities for students to go out on the town and have a great time. Whether the students chose to take part in these activities is up to them.

On Sept. 20 the students from Conestoga College, Wilfrid Laurier University and University of Waterloo took part in a back-to-school party at club Elements in downtown Kitchener. Three busloads of Conestoga students left the student residence at different times to arrive at the club for a great time.

**"For the most part I had a good time. There were a lot of people that I didn't know."**

*Nathan Richardson, first-year architecture student*

"We had a really good turnout," said Jody Andruszkiewicz, vice-president of academics for the CSI. "I have never seen a happier, more high energy bunch of people."

The CSI sold 50 tickets in advance and an estimated 100 additional Conestoga students purchased tickets at the door.

"You never know how many people are going to show up for an event like this, but I was really impressed with the numbers," he said.

To get home three buses left the club at different times taking students back to residence. This ensured that people were not drinking and driving and gave them a safe ride home.

"For the most part I had a good

time," said Nathan Richardson, a first-year architecture student. "There were a lot of people that I didn't know."

Overall, Andruszkiewicz felt the event was a huge success and that students were pleased with the club. "I would definitely encourage the college to take part in this event if they offer it again next year," he said. "It is a quality club and a really safe environment for everyone to be in."

The following night there was another bus trip organized by the CSI. This time students went to Molly Bloom's Irish Pub on Manitou Drive in Kitchener. For \$2 students got a ride to the pub from the residence and back again.

The environment at Molly Blooms was significantly different than at Elements.

"I had an alright time," said Nick Horton, a first-year journalism student. "I just think that Molly Bloom's is directed more to families and older people than for teenagers like us."

There was a live band playing at the pub, but students spent most of their time outside on the patio. "It seemed to me that many of the students weren't as happy as they could have been," Horton said.

Bar trips aren't the only off-campus activities planned by the CSI.

There are also events like Toronto Maple Leaf games and trips to Casino Niagara planned for the near future.

If you are wondering how to find out about all of these activities and events there is a calendar posted on the whiteboard outside the main door to the Sanctuary. If all else fails, just drop by the CSI office in the lounge and ask.



# New counsellors eager to help out

By Daniel Roth

Two full-time staff members have joined the Student Services team. Keith Martin and Shawna Bernard have come aboard as counsellors and are ready to provide their services to students.

Although Bernard started full time this year she is a familiar face to the counselling department.

She worked part time in various departments since the fall of 1998. She has also worked as a learning consultant at Counselling Services at Wilfrid Laurier University.

Prior to becoming a counsellor Bernard taught in Prince Edward Island and British Columbia. She has also taught English as a second language to international students in B.C.

While studying to become a counsellor in the master of social work program at Wilfrid Laurier University, she did her first student work placement at the college. She was hired here at the end of her work term.

Bernard was attracted to the college as it has a reputation of providing excellent educational opportunities and services to the students.



New counsellors Shawna Bernard and Keith Martin take time out from their busy schedule to enjoy the Imaginus poster sale.

(Photo by Daniel Roth)

"Although I moved to Ontario and was not familiar with the college, I heard good things about it from people who worked (here)," she said. "I liked that it was an educational set-

ting, as I was a teacher before I became a counsellor."

There are many things that Bernard hopes to bring to the college.

"I hope to provide group workshops regarding a number of different topics beyond my current experiences," she said. "I'm also looking forward to thinking about new ways

to promote cultural diversity and services on campus."

Martin, who is new to the college, worked at two family service counselling agencies for the past 10 years. He started his counselling career in Stratford, and worked for almost eight years at K-W Counselling, where he worked with people of all ages.

Martin was attracted to the variety of possibilities that exist at the college.

"I can still do counselling, however, I will still have the opportunity to do workshops, seminars and possibly teach in the future," he said.

He is looking forward to the slight change of duties from his former job.

"I really enjoy doing groups and presentations. I am anticipating the opportunity to do more than I could at my previous job," he said. "I'm hoping to offer a workshop dealing with conflict resolution."

Everyone has made Martin feel at home in the counselling office.

"The people I work with are excellent, they have been so accommodating and helpful," he said. "If any students find themselves in trouble it's a great place to go for help."

## Con-ed booming

Continuing education enrolment increases

By Lisa Hiller

The fall semester at Conestoga College draws more continuing education registrations than any other semester, according to a registration tracking report for continuing education for 1999 through 2001.

Based on the fiscal year, there were 11,971 con-ed registrations in the fall semester of 2000. Statistically, the winter term draws the next highest number of registrations, followed by the spring and summer terms.

Dave Stewart, director of continuing education at Conestoga College, said the winter term generally gets almost as many registrations as the fall term as long as the weather is not too treacherous. "People don't like to drive in bad weather," he said.

Summer has shown the least amount of registrations historically because, according to Stewart, people value their summers. He said there is a historical precedent that summer is not about being in a classroom.

Stewart said Conestoga reached record numbers last year in its con-ed registrations for the spring and fall semesters, reaching almost 12,000. Registrations in continuing education are tracked and continue throughout each semester and only usually slow down near the end of a semester.

Since 1992-93, the number of con-ed registrations per year has gone from 30,337 to 32,682 in 2000-2001. Stewart said there are usually more students taking con-ed courses during times of recession when there are business layoffs and slowdowns. "People tend to come to the college more than

in the good times," he said.

In the early '90s, registrations went up accordingly and then leveled off.

As well as the number of registrations, the student contact hours are also tracked. The student contact hour refers to one student in one classroom for one hour. The student contact hours have also risen since the early '90s, which Stewart said means people are in courses for longer periods of time. This is reflective in the number of certificate courses people are taking, said Stewart.

He said people have tended to take more general interest programs, but now are taking more certificate-type programs that can require up to six courses to complete to certificate.

In 1997-98, there were 31,247 registrations and 976,854 student contact hours. Stewart said this data shows that fewer people are taking more courses that are probably of the certificate type.

Stewart said Conestoga would love to have 50,000 registrations a year. However, he said the college must be able to process them and put them in the right class at the right time and date, and must hire qualified faculty.

With registrations getting closer to 33,000 a year, Stewart said there has been a positive and steady growth in this area.

He said continuing education is a big operation and few people know of the number of con-ed registrations the college receives for any of its approximately 1,200 courses.

Also, according to Stewart, about 70 per cent of registrations in any one semester are repeat customers. That shows they are satisfied, he said.

## Alumni services watching out for grads

By Julianna Kerr

Alumni services has a mission: to develop a network of alumni who promote a positive image of Conestoga College in the community and maintain a lifelong interest in the success of the college.

Alumni staff have also made themselves available to students currently attending Conestoga. A silent auction was held to raise funds for the student food bank, which is run by Conestoga Students Inc. For two days, students and staff could go to Room 2B08 and make a bid on four pairs of Toronto Maple Leafs tickets. The bid for each ticket started at \$40.

Founding president of the alumni association Monica Himmelman said she was thrilled with the results of the silent auction. Between bids on the tickets and a collection at an alumni board meeting, \$750 was raised for the food bank.

Himmelman is the full-time alumni services officer at Conestoga. She is always busy, and is always searching for willing volunteers to give her a hand.

Alumni services is there for students, Himmelman said. And it's easy to use the services offered.

**"Connections is a non-political, keep-in-touch magazine."**

*Monica Himmelman, alumni officer*

"Anyone who graduates from Conestoga," she said, "automatically becomes a lifelong member of the alumni association." All a graduate has to do is continue to update his or her address after leaving the college.

Himmelman said she and her co-workers do anything they can to assist graduates with a number of issues including getting transcripts, looking for jobs, and planning class reunions.

Alumni services has a great deal to offer students at Conestoga. Some of the more popular offers include discount tickets to places such as African Lion Safari and Canada's Wonderland and a job hotline for those looking for work.

Himmelman also puts a tremendous amount of time into Connections, Conestoga's alumni magazine. As editor, Himmelman collects articles and photos focusing on Conestoga graduates.

"Connections is a non-political, keep-in-touch magazine," she said. "That's the point of it." After every convocation, Himmelman's team downloads the addresses of all graduating students to send them their first issue of the publication.

Himmelman encourages all students to make use of alumni services, as it can make their lives easier. Staff will always be there to help out she said, adding, the services are available as long as a graduate wants them.

## FREE U2 TICKETS

For a good time call Molly!!

Come to Molly Bloom's,

10 Manitou Dr., Kitchener,

519-894-4445

(corner of Fairway and Manitou)

Saturday, Oct. 6 to win!



# Meditation is the key to enlightenment

By Paul Kostal

I am a seeker.

I suppose all reporters might be, being that we ask questions for a living.

But, I did not know this for sure until my session with Gerlinde Sattler, a practitioner of Sahaja yoga.

Sattler, of Kitchener, was at the Kenneth E. Hunter Recreation Centre on Sept. 19 to teach a class of meditative yoga.

The practice, which Sattler calls an integration of all religions, is a means of awakening a "mothering energy" that lies dormant within every person.

All forms of yoga are attempts to purify the body in an attempt to attain spiritual enlightenment, she said, adding, "Most of which fail."

When we think of yoga, many of us conjure up images of painful-looking contortions that could be strangely compelling, given the

right circumstances and partner. These contortions are meant to drive out contaminations and impurities from the body.

But Sahaja yoga is purely meditative, and involves the cleansing of the channels of energy that flow through everyone.

I had to concentrate on my hands and my body, to detect tingling, and find what was not right with my body and cleanse it in order to awaken, to call forth, the mothering energy, the "Kundalini" as it is called.

That energy is apparently locked away in a bone in the base of our spines that the ancient Greeks called the "Os Sacrum" or "The Sacred Bone," waiting to be released.

I cannot dwell in the past, nor think on the future, for that will lead to unbalance; I must exist in the moment, in the now. I must be in, as Sattler said, "a state of thoughtless awareness."

Formed in 1970 by Shri Mataji



Gerlinde Sattler, a Sahaja yoga practitioner, recently held a session at the college rec centre.

(Photo by Paul Kostal)

Nirmala Devi, Sahaja yoga, which is Sanskrit for "spontaneous

union," is now practised in more than 80 countries.

Sattler said she was in India for a teaching session like the one she taught at the college and literally had thousands of people lined up waiting to learn.

Seven people, including this intrepid reporter, were at the session on Sept. 19.

According to Sahaja yoga teachings, there are seven wells of energy in the human body called "Chakras".

Each of these Chakras is responsible for different parts of the body, and different traits of personality.

Jesus Christ came to earth 2,000 years ago to unlock the sixth Chakra for mankind, the Chakra of forgiveness, according to Sahaja doctrine.

Devi, in 1970, unlocked the last Chakra, and attained spiritual evolution.

Now, followers from around the world are attempting to duplicate her accomplishments.

Sattler said she herself is also a seeker and came across a group of Sahaja yogaists in Victoria Park in Kitchener one day, and decided to follow up on her curiosity.

I must admit, I was skeptical. As a Roman Catholic, this was definitely new to me, but when I put my hand just above my head after meditation, I did feel a drop in temperature there.

"That's the energy," Sattler later told me. "That's your Kundalini".

It didn't matter whether I was Hindu or Catholic, whether I knew what I was doing or not. I felt a drop in temperature. Was it spirit energy coming from me? I don't know.

But she did tell me that I was a seeker, that a tingling I felt on the palm of my hand during meditation meant an unbalance in my void, that I was seeking answers.

And indeed I was.

I found more questions than answers, but maybe that's the role of a seeker.



First-year electronics engineering student Josh Gohl checks out CSI's EZ Rider board.

(Photo by Tori Sutton)

## Carpooling offers alternative transport

By Tori Sutton

Students at Conestoga College do not have to endure the drive to school by themselves. In fact, the passenger might even be willing to offer up some gas money.

Carpooling is an environmentally and economically friendly way to get to school, and is easy to set up by using the Conestoga Student Inc.'s EZ Rider board located between the main cafeteria and the Sanctuary on the Doon campus.

The EZ Rider board allows students to fill in slips either requesting or offering rides from specific areas.

"We would like to see more students using it," said CSI President Jon Olinski.

Olinski suggests students carpool with people in their program if possible, as it can be hard to co-ordinate schedules.

The CSI does not monitor the EZ Rider board, but occasionally goes through and throws out old postings.

"We encourage students to car-

pool," said Al Hunter, supervisor of security services at Conestoga College. "We also encourage students to share a parking pass."

Parking passes can be shared between vehicles, although students are not allowed to sell their parking passes to other students.

Students can return their parking passes to security services where they can receive a refund depending on how many days are left on the parking pass. The passes are then sold to students on the parking waiting list.

Usually students begin carpooling a few weeks into the semester when they meet more people in their program said Hunter.

First-year electrical engineering student Josh Gohl carpools everyday from his home in Kitchener.

"It's better than taking the bus and it's cheaper," said Gohl, who pays his friend \$10 a week for driving him.

The convenience of not having to wait for the bus everyday makes carpooling worth it he said.

## Handle your sexuality responsibly

By Lisa Hiller

"I'm never having sex." "Are you going to become a nun?" "No, but didn't you hear what she said, I'm just never going to get myself into trouble."

When Bettina Hagey hears a student talk like that after she speaks, she knows she has at least gotten through to someone. She also thinks it's kind of funny.

However, what she tries to teach students is no laughing matter.

Hagey has been speaking for about three years about human sexuality to groups ranging from Grade 7 and 8 students to high school and college-aged students.

Hagey focuses her talks mainly on abortion and sexually transmitted diseases (STDs).

She tries to connect abortion with human sexuality, high-risk behaviours, abstinence and chastity.

"The idea is that young adults armed with facts are able to make good decisions for themselves as well as better understand how their bodies function."

Hagey speaks on behalf of the Right to Life association.

She wrote an article in a religious publication that the Cambridge Right to Life association president liked and she was asked to be their spokesperson. "She said, 'Come be our speaker, we'll pay you,'" Hagey said. "It just sort of happened."

Now she goes into schools and halls in Brantford (where she lives), and Cambridge to speak.

Hagey said her mother told her that talking doesn't get you anywhere. You have to act.

Hagey is a second-generation pro-lifer who believes in the right to life of all human beings.

She discusses abortion in terms of two possibilities. Is it human and if it is, is it alive.

If it is alive and human, which she says science has proven, then she asks what is our social obliga-

tion to that baby and what is a just society's response to a crisis pregnancy and an unborn child in a womb?

For the older grades, Hagey displays pictures that show horrific human destructions that have occurred throughout history — pictures of Vietnam, the seal hunt, black civil rights and things like vivisection and lynching. "The young people understand those horrors, they've been exposed to them all their lives," she explained. "They know that what they are seeing is wrong."

Those things were all legal at some point in history.

She makes a connection between those human rights issues and abortion. Hagey said those issues use the same rhetoric as abortion. The Jewish people and the blacks were treated not as humans, but as inconveniences and problems to find a solution for.

Hagey said the only way to disinvest an unborn child of its rights is to dehumanize it. It has no voice or apparent consciousness, it's owned by its mother and not valued unless she chooses to value it.

Hagey, a single mother of three, knows the distress of a crisis pregnancy. She was pregnant out of wedlock. She accepts the fear. She knows of the agony and soul-searching involved.

But killing a human being, a separate entity in a woman's womb with its own heartbeat, blood circulatory system, DNA and fingerprints, is agony reaching the wrong conclusion, said Hagey.

The unborn child may be part of the woman's body, but it is its own being, not just a blob of tissue, she said.

Hagey also teaches responsible sexual behaviour in terms of abstinence and chastity, but she says young people will never be sexually responsible until adults live sexually disciplined lives. She says

there are far fewer crises with monogamous, steady relationships.

"If they see adults and the media living sexually undisciplined lives, young people are going to imitate them," she said.

Another reason to treat sex responsibly other than the possibility of an unplanned pregnancy, Hagey says, is the risk of getting a STD.

According to the National Post, by 1995, one in four students were graduating high school with a STD. The scariest thing is that you don't even have to have sex to get a lot of the STDs. They are passed skin-to-skin. "That condom you thought would protect you isn't going to," Hagey says.

To that she gets responses like, "What if I buy really expensive condoms and wear two of them?" "Why go through all that trouble," she says. "why not wait and do it right."

Hagey says the scariest responses she's gotten have been about STD and how the pill works. She says it's scary and sad, but necessary for them to recognize the consequences of their actions. "They have to think about what they are doing and they have to recognize the consequences."

Hagey says she also receives a remarkable lack of debate when she speaks. She finds a lot of information and opinion, but little awareness of the facts.

She said the Grade 11s are toughest to talk to. "They don't want to be told what they can't do," Hagey said.

Although the founding principles for the argument against abortion come from her moral and religious background, Hagey said this is a societal issue and common sense. People, not society's idea of what people are, are being killed, she said.

She believes a good society must always strive for greater mercy and justice in order to improve the lot of all people.



## Want to be a pro — better hit the books

By Paul Kostal

Conestoga's director of athletics is also a card-carrying member of the Canadian Professional Golfer's Association. While getting that card was difficult, it took Tony Martin a lot more than skill on the links to become a professional.

"We had to take classes," he said. "Marketing, business, sales, planning, rules, code of ethics."

"And we had to get higher than 74 per cent, or we failed."

Martin decided to try his hand at professional golf in the early '80s after faring well as an amateur at tournaments around the world.

He already owned Wedgewood golf range in Burlington, so it wasn't such a leap.

In order to qualify for apprenticeship to the CPGA applicants must participate in a two-day tournament, where their combined score must be under 158.

Meeting the criteria allows them to start a seven-year apprenticeship, at the end of which they must be able to shoot a 152 or lower in that same two-day tournament to finish their apprenticeship.

Martin shot 143 on his first try,

which meant he still had to apprentice but that he didn't have to participate in the tournament to exit apprenticeship.

Despite his success, Martin couldn't just leave his job as owner of Wedgewood to become a full-time apprentice, so he hired professional Don Hallman to work at Wedgewood, and to be his professional instructor to apprentice under.

Once a member of the CPGA, professionals must earn five points every two years to retain their cards.

"It's not really that hard," Martin said. "You get points by playing in tournaments, or attending trade shows, or teaching classes, or sitting on the governing board, among other things."

Martin, whose best professional finish is a second-place playoff finish at a CPGA-sanctioned event, said, "Golf is not a game of perfect."

"Everyone has to learn what is best for you."

Martin considers the best round of his career to be a 70 from the back tees at Glen Abbey, a day after the national tournament.

"I've shot lower rounds, for sure,"



Tony Martin, Conestoga's director of athletics, shows off some of the form that helped him become a CPGA professional.

(Photo by Paul Kostal)

he said. "But all around, that was the most satisfying."

Martin also beat PGA professional

Valley golf course together with course architect Doug Carrick in the early '90s. Martin remembers travelling with Strange in a limousine after Strange had just won a major tournament.

"I asked him, 'How come I beat you, but you just went out and won a million dollars in a tournament where I wouldn't even make the cut?' and he said to me, 'Did you think you would beat me, before we teed off?'"

"I said no, and he said, 'That's it right there.'"

"I realized right then that confidence was the whole thing. When I got my tour card, nothing changed, except the thought in my head, that I was better than all the amateurs out there, and none of them would beat me. And very few of them did."

Martin, who coaches Conestoga's golf team, said his competitive days are done, and he just plays golf for fun now.

"Winners come from within," he said. "Winning is a way of life. It's the difference between a good golfer and a good player."

"There are lots of good golfers out there, but there are very few good players."

## So much to do with Kraft Dinner

By Stacey McCarthy

It's the most popular entrée of a teenager's diet. It takes only eight or nine minutes to prepare — depending on how you like your noodles. It even contains healthy ingredients — like milk and cheese — in very small quantities.

Kraft Dinner has almost become a whole food group in itself in the Canadian Food Guide. Students talk about it like it's a gourmet meal. Some add extra milk to create Kraft Dinner soup, or use less to make it a creamier appetizer. Some add tomatoes, tomato paste, grated cheese or peppers to give their macaroni something extra.

Few homes have cupboards without at least one or two boxes of Kraft Dinner.

Some go a little further — have you seen someone stagger past you at the grocery store with a whole case of Kraft Dinner?

It's not just that it's inexpensive and quick. It's also that Kraft Dinner is easy to make. Is there any way to ruin Kraft Dinner? I think the directions for its preparation are passed to the fetus in the first few months.

How long has it been since you've looked at the directions for cooking KD?

You can't remember those math equations you studied every night or a week or the chemical makeup of sugar. But when it comes to adding milk and cheese to a box of KD, we're all professionals.

The selection is growing too — the size, taste and shape of KD noodles are changing all the time.

There is tomato, white, and cheddar cheese versions, spaghetti, egg and spiral noodles, powder and liquid cheeses, or three-cheese and gourmet macaroni.

We all improvise a little when it comes to preparation too — slacking

off with cooking time, and the amounts of butter and milk.

Some get a little more inventive though. According to Kraft, the following 10 recipes are the most inventive ways to prepare Kraft Dinner.

### KD PIZZA

Prepare one box of KD according to package directions. Spoon KD into greased, round cake pan or pizza pan to make the base. Top with pizza sauce, a couple of handfuls of grated Kraft Mozzarella Cheese and some sliced pepperoni. Bake at 375 F for 15 minutes or until cheese is melted. Serve in wedges.

### KD PASTA SALAD

Prepare one box of KD according to package directions. Cool 10 minutes. Stir in 1/2 cup each: frozen peas, diced cucumber, chopped tomato and Kraft Zesty Italian Dressing with two chopped, cooked chicken breasts, and spoonful of relish. Chill until ready to serve.

### KERI'S KD

Prepare one box of KD according to package directions. Cook two chopped chicken breast with an onion and a clove of garlic until browned and cooked through. Stir into KD and spoon into a casserole dish. Top with sliced tomatoes and sprinkle with Kraft Shredded Cheese. Bake at 350 F for 20 minutes.

### BACON DOG

Prepare two boxes of KD adding one package of chopped wieners during the last two minutes that the noodles are boiling. Stir in 1/2 lb of cooked and crumbled bacon. Spoon mixture into casserole dish. Top with cubed, buttered, white bread. Bake at 350 F

for 20 minutes.

### KD SALSA SUPREME

Prepare one box of KD. Stir in 1/2 cup salsa, one teaspoon fresh chopped cilantro and 1/4 cup Kraft Parmesan Cheese. Top with a dollop of sour cream and serve.

### HAM, CHEESE OMELETTE

Prepare one box of KD. Stir in one dozen eggs mixed with 1/2 cup milk. Add two cans of flaked ham or chopped deli ham, chopped onion, and salt and pepper to taste. Pour into a non-stick pan and cook until set. Cut into wedges and serve.

### BURRITO KD

Prepare one box of KD. Spoon a moderate amount of KD onto a flour tortilla. Top with salsa, chopped tomato, green onion, sour cream or your favourite burrito toppings and wrap.

### MEXI PIC

Prepare one box of KD. Sauté finely chopped onion, green pepper and jalapeno pepper in a little margarine. Add 1/2 cup salsa and lots of freshly chopped cilantro. Mix KD in with vegetable mixture and heat.

### BROCCOLI CHICKEN KD

Prepare one box of KD White Cheddar, adding two cups of fresh or frozen broccoli during the last two minutes that the noodles are boiling. Chop two cooked chicken breasts and one medium tomato. Combine KD and broccoli with chicken. Top with tomato and sprinkle with Kraft Grated 100 per cent Parmesan Cheese.

### KD MUNCHIE RECIPE

Prepare one box of KD. Add some salsa and browned ground beef — about 1/2 lb. Serve with nacho chips for dipping.

## Culture shock workshops help students adjust

By Daniel Roth

A new workshop for international students is aimed at helping them adjust to our way of life.

Student Services is offering the culture shock workshop for international and English Language Studies (ELS) students to help make the transition easier.

Shawna Bernard, a counsellor for Student Services, is facilitating the workshop. She thinks the workshop is necessary because the multicultural student population is growing at the college.

"The college welcomes diversity as it enhances everyone's learning opportunity," she said. "However, we also need to recognize that some people may take longer to adjust, and we need to support these students."

Adjustments new students need to make include speaking a new language, eating different foods, using different transportation, climate changes and emotional factors.

The goal of the workshop is to help students with their transition to Canada. Typically, people living in a new country can experience culture shock for a few days or a few weeks, Bernard said.

Over the summer she held the workshop for all of the ELS classes.

"They were very successful," she said. "Students participated, expressed their feelings and learned more about culture shock."

More specific goals of the workshop are to allow people to talk about their experiences and to describe what is happening to them.

It gives them the opportunity to feel the support of others who are experiencing the same thing.

There are two culture shock workshops offered to the general student population. The first workshop took place on Sept. 26. It was geared for ELS students studying at Level 3 and Level 4. (the higher language classes). Students who are studying for a certificate or diploma program who have recently moved to Canada were also welcomed.

The second workshop is geared for Level 1 and Level 2 ELS students. It will be held on Oct. 1, from 3:30 p.m. to 4:30 p.m. in Room 3A616.

Two workshops were offered so that the proficiency of the language could be altered to suit the needs of the students.

More information regarding culture shock is available on the Student Services' bulletin boards or in the International Office.

**Spoke can now  
be read online!  
visit**

[www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)





# Poetry a venting of emotions

By Janine Toms

*This is the third in a five-part series taking a look at musical talent in K-W.*

Snap your fingers together and listen to the jive sound of rhythmic rant by Jenn Pidgeon.

Pidgeon, who lives in Kitchener, has been crafting the art of soulful speech for many years.

This style of rant is the reciting of her original written works, from memory, with, to, or around the music of others.

Inspired by those around her, she found herself wishing to contribute to the local music scene, especially since most performers from the area are guys. "I was really amazed at the lack of female artists."

When she performs, her words are accompanied by music from local musicians. "It's way more of an interaction, not just saying the poem with the music, but weaving the poetry into the music," said Pidgeon.

Until recently, she had hosted musical jams every Sunday night at the Circus Room in Kitchener. Pidgeon performed at this year's Pokeypalooza, a benefit concert for the prevention of suicide. Held at Guelph Lake, Pidgeon accompanied the band, In Circles, on their set.

Looking to harbour her talent, she is now taking some time to work on her creative style.

Most of her writing reflects how



Jenn Pidgeon recites her original written works to music.

(Photo by Janine Toms)

she feels at the time. "I don't often write when I'm happy," said Pidgeon. Poems give her the opportunity to vent her emotions.

"Mostly just to figure it out."

The performance is best described as a rhythmic, thoughtfully poetic experience.

In the future she hopes to sing the words, rather than speak them. "Poetry became the rant, the rant will become the song."

## New Dogg Pound a must have

By Mike Metzger

Kurupt and Daz Dillinger are back with Tha Dogg Pound 2002, one of the best rap albums to come out this year.

Guest appearances by Nate Dogg, Snoop Doggy Dogg, Tha Relatives, Crooked J, SKG, Xzibit, 2Pac, Jay Z, Sigel, Memphis Black, Mac Shawn and Soopafly make 2002 an all-star collaboration. The album is also produced by some of the best in the business, including Dr Dre and Daz Dillinger.

The song includes a line about rising from the coffin, further strengthening my belief that 2Pac isn't actually dead.

Tha Dogg Pound started in the early '90s, performing on Snoop Dogg's albums when he was still with Death Row Records. After appearing on soundtracks and compilation albums including *Above the Rim* and *Murder Was the Case*, Tha Dogg Pound released their debut LP *Dogg Food* in 1995. Kurupt and Daz each released solo albums in 1998.

This album is laid-back but hardcore at the same time. It's the perfect album to roll to or to sit back and have a session to.

Although for the most part it contains new tracks, there is a previously recorded track with the late 2Pac. The song includes a line about rising from the coffin, further strengthening my belief that 2Pac isn't actually dead.

Listening to this album is like being transported back in time to the early '90s when Snoop Dogg's Doggystyle album changed how "gangsta" rap should sound. Tha Dogg Pound's new disc stays true to what Snoop started, keeping the old style characteristic of Death Row that Snoop himself has started to go back to.

Since Dr Dre's *Chronic* 2001 album came out two years ago, Dre and Snoop have been on top of the rap game, and everything they've touched has turned to gold. Artists and groups like Xzibit, Eminem, Tha Eastsiders, and D12 have exploded onto the scene and established themselves among raps greats because of the influence of the Godfathers of rap.

Now it seems that Daz and Kurupt can be added to that list. Tha Dogg Pound will likely turn out like N.W.A. or the Westside Connection with its members embarking on successful solo careers. Tha Dogg Pound adds new blood to the legacy that N.W.A. started over a decade ago.

## Play not worth admission

By Mike Metzger

Norm Foster's *The Long Weekend* will make you laugh from time to time, but you won't be laughing at the end when your wallet is \$25 lighter and you don't feel very entertained.

The *Long Weekend* opened at the Waterloo Stage Theatre Sept. 20 and played to a packed house all weekend. It seems people were more impressed with it than I was.

The play is about two couples who spend Labour Day weekend together at a summerhouse. The house is owned by Max and Wynn Trueman, played by Stephen Welch and Heather Stewart. Wynn invites her best friend Abby Nash and her husband Roger, played by Erin Marian and Kevin Etherington, to the house for the weekend.

Each character is neurotic in his or her own way. Max is a successful lawyer who is obsessed with neatness, and what other people think of him, especially Roger. Roger is an ex-math teacher turned screenplay writer and cheapskate.

A running gag throughout the play is Roger's obsession with a \$23 debt owed to him by Max from a trip to Martinique a year before.

Abby and Wynn are both obsessed with what each thinks of the other. Neither of them likes each other's husband, at least that's what they tell each other. It turns out that both couples become involved in affairs with each other's spouses.

This is where the play becomes predictable. Max and Abby plan on telling Roger and Wynn about

their relationship, choosing just the right time and the right words. As I was taking notes at this point of the play, I wrote before it happened that Roger and Wynn beat them to it and told them about their relationship. Two minutes later, that's exactly what happened. That ended Act 2. From then on I could practically write the rest of the play myself.

The third act takes place two years later at the summerhouse again, now owned by Max and Abby. Abby invites Wynn and Roger for the weekend to patch things up. The beginning of the third act parallels the beginning of the play almost exactly — same jokes, different characters.

With a bit of thought, it became obvious how the third act would play out — that no one would end up with anyone.

At this point of the play I was praying for anything original to save some credibility for this sleeper of a play. What I got was a standard Hollywood cliché. In order to break things off with their wives, Max and Roger pretend to be lovers. It was a scene straight out of a must-see-TV sitcom.

In case some of you still want to see this play I won't ruin the ending, but I can tell you it is the one part of the play that I didn't see coming, possibly because of how pointless it is.

My advice is that if you are thinking of seeing *The Long Weekend*, your money would be better spent taking someone out to a movie instead. If you really have the urge to see a play, drive to Stratford and watch the experts.

Employees & Students  
are invited to our

## Broadcasting Open House

Tuesday, October 2, 2001  
BRT Studios / CJIQ FM Studios  
4:00 pm to 5:30 pm

We are thanking CKCO-TV  
for their generous donation to the  
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*Refreshments will be served.*

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## Lion King roars into the hearts of children

By Julianna Kerr

It's the Circle of Life. The Princess of Wales Theatre is filled to capacity with kids of all ages and as the lights go down, the whispering stops and all eyes turn to the stage. Rafiki, played in this Sunday evening performance by an incredible Tshidi Manye, appears and begins to sing. All legs are tucked safely by their seats as a multitude of animals descends down the aisles toward the stage.

In what is without a doubt the best and biggest number in the show, the audience finds itself swept away to Pride Rock with animals of all description. The ones that really stand out are the two giraffes and the life-sized elephant — a credit to the very talented costume designer. Leaping antelope, birds, zebras and of course lions fill the stage and the theatre with spectacular presence and sound.

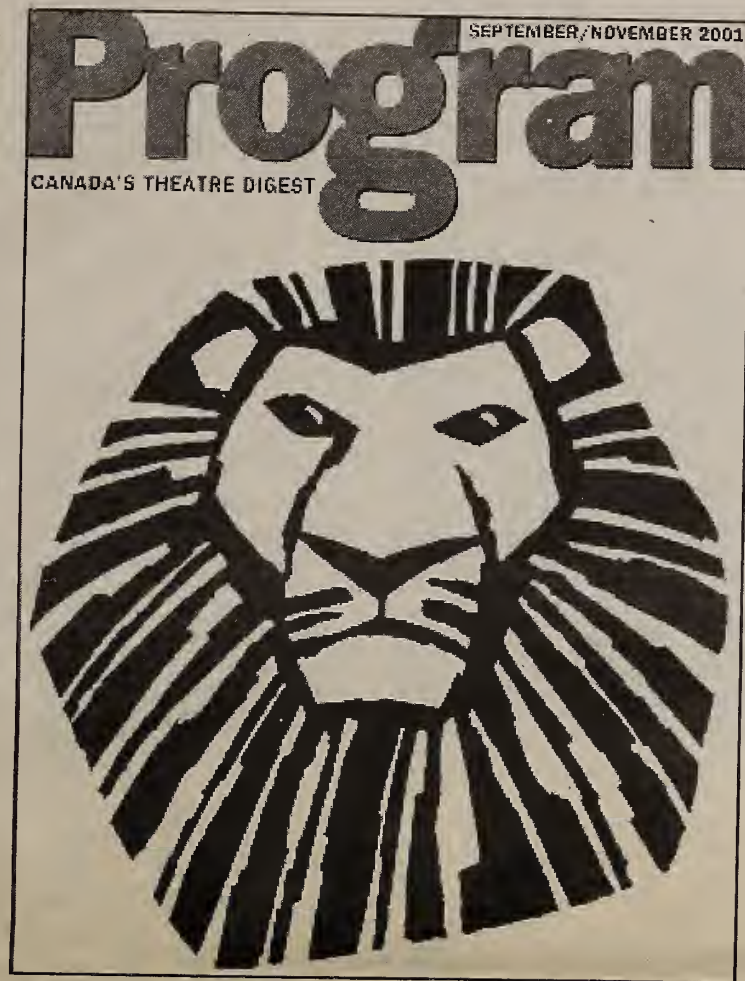
This is The Lion King at its finest.

The show is based very closely on Disney's animated movie, right down to the jokes. Watching the show, it all seems very familiar. The acting and music, however, seem secondary to the way the show looks. The actors deserve a great deal of credit for their abilities at presenting the crowd with a realistic look at the animals. They use their bodies very well in this show.

The villain Scar, played by Ted Atherton, delivers many of the show's best lines, particularly those directed at the adults in the audience.

Another notable performance is that of Jay Turvey who plays Zazu, the king's second-in-command. Turvey's actions and reactions had to mesh perfectly with those of his goofy charge (a loud, wisecracking bird).

The king of the pride, Mufasa,



The Lion King performance program cover.

was mediocre in his role, as were many of the other leads. Young Simba had great presence, but fell short vocally. Young Nala, on the other hand, was strong in both her vocal and acting abilities. The three lead hyenas are entirely reminiscent of the same characters in the movie, and do not disappoint.

This show is aimed primarily at kids and their parents, and it does deliver. It was slow in the middle and the second act seemed too long, but it managed to hold the attention of even the youngest members of its audience. The Lion

King may be a little much for the tiny tots however. It was very loud and possibly a tad scary for the really little ones.

The Lion King is now booking until Dec. 23 at the Princess of Wales Theatre in Toronto. If you and the kids haven't seen it yet, you'll want to hurry. In spite of vocal shortcomings, the show is truly spectacular to watch — at least until the novelty of the animals wears off. As two of the show's most recognized characters would say, "Hakuna Matata," or for the rest of us, "No worries."

## Emmys pushed ahead

By Kathleen Deschamps

The Emmy Awards have been changed from Sept. 16 to Oct. 7, the first delay in the awards history.

The show was rescheduled due to the terrorist attacks that occurred Sept. 11. The show will also drastically change its format so it is not in bad taste during the nation's mourning period.

"In the past, TV academy leaders always decided, in the great Hollywood tradition, to go on with the show — no matter what happened," said awards show expert Tom O'Neil, host of the Web site GoldDerby.com. "But this year Emmy leaders were afraid that it might look heartless of Hollywood to carry on with a josh party for itself."

Traditionally the Emmys pay

honour to television, but this year they will be reaffirming America's spirit and hope.

"In the past, TV academy leaders always decided in the great Hollywood tradition, to go on with the show — no matter what happened."

Tom O'Neil

On two occasions movies biggest night, the Academy Awards were delayed.

In 1968 the Oscars were two days late following the assassination of Martin Luther King Jr. In 1981 the telecast was postponed for one day after United States

President Ronald Reagan was shot the day before the show was supposed to air.

The terrorist attacks killed one of Emmys brightest stars. David Angell, 54, who was the executive producer of the hit television show Frasier, was on his way to Los Angeles with his wife Lynn after attending a family wedding.

They were on American Airlines Flight 11 from Boston that was the first to crash into the World Trade Center. Angell had won eight Emmy awards for writing and producing Cheers and Frasier and was nominated for the 14th time.

The 53 annual Emmys will still have Ellen DeGeneres as the host, although her opening monologue will be cut out and the awards will still be held at the Shrine Auditorium in Los Angeles.

### HOROSCOPE

By Daniel Roth

Week of October 1-7

Happy Birthday Libra!

A practical celebration on your special day will bring you more happiness than an extravagant one. The closeness of your friends will bring you peace.

**Aries:** March 21 - April 19

Try to squeeze in as much time as you can to go to the gym or the rec centre. With all of the time you spend at school you may be starting to notice you are not as fit as usual.

Luckiest day: October 7.

**Taurus:** April 20 - May 21

Listen to your intuition, it will help you through a trying time. An older female may offer you some advice. I suggest you take it into consideration.

Luckiest day: October 1.

**Gemini:** May 21 - June 21

A wondrous and fulfilling change is in store for you. But before it starts it may seem as though your life has come to a temporary halt, as though the world is holding its breath before it blows the winds of change.

Luckiest day: October 7.

**Cancer:** June 22 - July 22

Even though you provide more than enough attention to that special person, they may not return the same affection. Don't be discouraged, they will provide you with happiness in due time.

Luckiest day: October 4.

**Leo:** July 23 - August 22

An older person will open your eyes and educate your heart. You are not too keen on accepting advice from others. However, after weighing their advice you will realize that they're sincere.

Luckiest day: October 5.

**Virgo:** August 23 - September 22

The ties in a relationship are tightening. Either you will be getting closer to a special someone or getting to know someone new a

little better.

Luckiest day: October 4.



**Libra:** September 28 - October 22

You may find yourself weighing decisions between school, work and a relationship. Try not to procrastinate on the final answer otherwise you may be lost.

Luckiest day: October 6.



**Scorpio:** October 23 - November 21

Activity in your life may be increasing. You will notice that you are being more energetic around your friends and family. Try to spend this rush of energy productively.

Luckiest day: October 4.

**Sagittarius:** November 22 - December 21

You have a natural tendency to move through tasks swiftly. Be sure that you are not rushing too much. Missed details may end up costing you in the future.

Luckiest day: October 5.

**Capricorn:** December 22 - January 19

If you feel as though depression is invading your life, fight it off by spending time with people that you feel comfortable around. Ask a Virgo friend for advice.

Luckiest day: October 6.

**Aquarius:** January 20 - February 18

The world is your oyster. You will find yourself with lots of option over the next while. Take the time to consider all of your options before choosing what you want.

Luckiest day: October 7.

**Pisces:** February 19 - March 20

If a superior is giving you advice do not read too much into it. Over-analysing the situation will not clear the fog surrounding the issue.

Luckiest day: October 4.

*Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.*

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## Sheridan stomps on Conestoga

A valiant effort for a team missing six players

By Vanessa Laye

Despite a valiant effort, the Conestoga men's soccer team lost 4-2 to Sheridan College on Sept. 20.

Conestoga had only 12 out of 18 players at the game, with three injured and others not able to make it.

The Condors started the game with one regular defender and pulled back two halfbacks.

"I usually have five defencemen to choose from," said Geoff Johnstone, coach of the Condors. "But with one defender absent and three injured I had to shuffle players into different positions."

He added that some players played two or three positions during the game.

The Condors played a dynamic game at the start, leading 1-0. Conestoga's goalie Dino Vukmanovic kicked the ball from his net, which bounced once, and landed at the edge of Sheridan's penalty box.

Borris Kubura was there for the

shot, kicking the ball over the goalie's head and into the top of the net.

But it was a grueling 70 minutes of straight running for the Condors, after Jamie Scott pulled his hamstring in the first 20 minutes of the game, leaving no substitutions.

"I have nothing but pride in the effort of the individuals that were there to play."

*Geoff Johnstone,  
Conestoga men's  
soccer coach*

In total, all but one player ran the full 90 minutes.

"It would have been nice to have all our players so I could make substitutions," said Johnstone.

Sheridan came back and tied the game off a penalty shot at the end of the first half.

Both teams missed some open chances to score, but in the end

Sheridan dominated the second half of the game, scoring two goals that went past tired Conestoga players, said Johnstone.

The Condors scored their second goal when Bojan Djokovic headed the ball into the net off of Kubura's free kick from outside Sheridan's penalty box.

Time ran out and so did the chance for a comeback for Conestoga.

Johnstone said he was disappointed because he knows Conestoga can beat Sheridan, but he said, "I have nothing but pride in the effort of the individuals that were there to play."

"It's frustrating not having the whole bench," he said, stating the full men's team is needed to win.

The best performance of the game went to Kubura who Johnstone said scared the other team with his dangerous plays, hard work and consistency.

Conestoga's next home game is against Redeemer on Sept. 27 at 4:30 p.m.

## Tryouts for Conestoga badminton team begin

By Vanessa Laye

The remodeling of Conestoga College's recreation centre has led to the addition of a varsity badminton team, starting Oct. 2.

Tryouts will run Tuesday, Wednesday and Thursday from 4 to 6 p.m. in the gym at the centre.

Liette and Mike Harasymiw, the coaches of Conestoga's badminton team, hope for a big turnout. "We are looking for people that have some calibre," said Liette, "or people with badminton experience." But she encourages all levels of players to tryout.

Both Liette and Mike were varsity badminton players at Cambrian College in Sudbury from 1995 to 1997.

At the varsity level Mike played mix (male and female doubles) and men's doubles. Liette played women's doubles with her twin sister and won silver at the '97 badminton provincials at Fanshawe College in London. They have also coached badminton at Marymount College in Sudbury.

They are currently members of the Kitchener-Waterloo Granite

Club, where Liette teaches the junior badminton program.

Their expectation for this year's team is to work hard and give 100 per cent.

"It would be nice to have someone make it to provincials and get a medal," said Liette. But if that's not the case, she hopes for the team to have fun and to perform to the best of its ability.

Eight players and a couple spares will make up this year's badminton team.

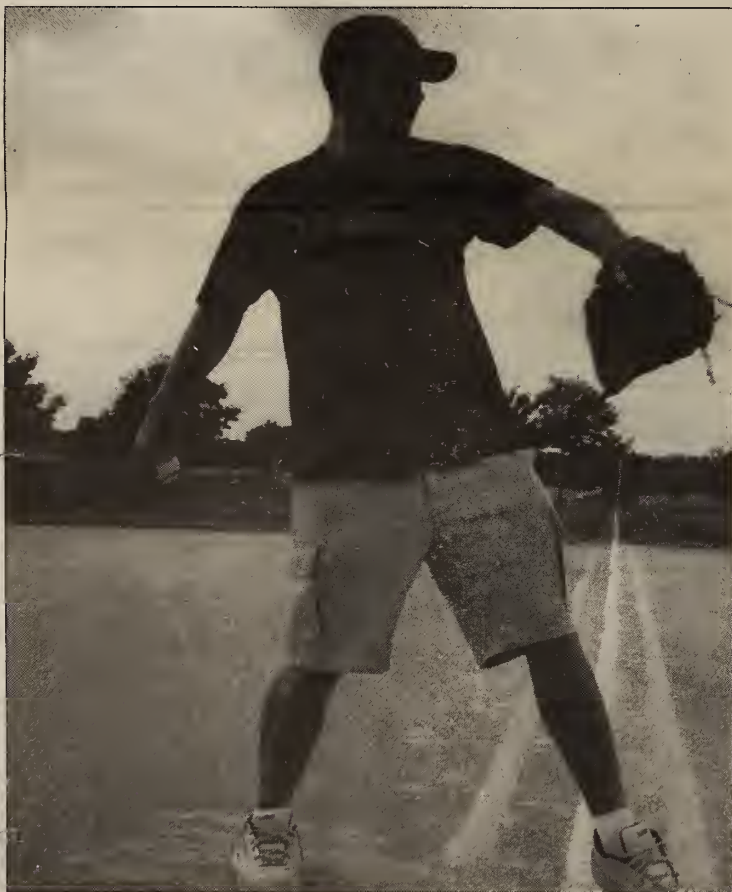
Players will be slotted into single, double or mixed play.

Liette said Conestoga's main competition will be Cambrian College, which sent a lot of players to the nationals last year.

Conestoga will meet Cambrian at the first tournament at Fanshawe College on Nov. 24 and 25.

But prior to that the team may play in a tournament at the K-W Granite Club during the week of Oktoberfest.

The K-W Granite Club is hosting an open house during the first two weeks of October, where those trying out for the Conestoga varsity badminton team can play for free.



Jon Paul, 22, pitches a baseball on the Conestoga College diamonds on Sept. 18.

(Photo by Kathleen Deschamps)



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# Golf team does well in tournament

## Coaches pleased that team places in top 7 at event in Durham

By Vanessa Laye

Conestoga's golf team placed in the top seven out of 14 at the Lakeridge golf tournament in Durham on Sept. 19.

Mike Banton, one of the team's coaches, said the Durham tournament was delayed for two hours due to wet and windy conditions. He added the rain made the course more difficult because it didn't allow the ball to roll.

Conestoga finished with a team score of 331. Each individual played 18 holes, with the best four out of five individual scores being tallied to make the team's score. Conestoga's Jeff Hreljac had the best game scoring 5 over par on the 72-par course. The rest of the team all hit in the low 80s. "Any score between 72 and 80 in today's condition is a good score," said Banton.

Some of the teams at the tournament have been playing together for years, said Tony Martin, the team's head coach, adding, "Conestoga hasn't had a varsity golf team in 16 years." Conestoga last won the

men's championship in 1984-85. Martin said he didn't know what to expect at the college system, but that it was a learning experience for both the coaching staff and the team.

"We were quite pleased with the results of the team, considering it was their first tournament," said Martin.

Conestoga's longest drive went to Tyler Smith who hit the ball 370 yards on the fifth hole. All seven players from Conestoga played the 6,815-yard course, which Banton said was a good length, but hard. "All of the pin placements were difficult and the greens were a fast speed," he said.

Conestoga's golf team practises at the Doon Valley Golf Course which is 6,193 yards, and Whistle Bear Golf Club which is 7,300 yards, putting the yardage of Durham's course right in between their normal practice length.

A championship golf course measures in at 6,200 yards.

Banton said the tournament was well organized and that he expects the team to improve with practice.

Putting and driving is what the team needs to work on,

he added.

Conestoga's varsity golf team was chosen after a nine-hole tryout tournament at the Doon Valley Golf Club on Sept. 18.

Of the 13 players at the final tryout, only seven players made it. Ashleigh Derooy was the only woman to make this year's team, due to the fact that she was the only one to tryout.

"We are very proud of her," said Martin. "She represents the college as our only female athlete in this sport."

Martin and Banton said it was a hard decision to cut the 12 men at the final tryout to six.

"All 12 guys had a decent shot, but there was only six spots," said Banton. The players on this year's men's golf team are: Jeff Hreljac, Tyler Smith, Jason Farrelly, Steve Haggart, Dave Erdman and Tyler Born.

The best performance at Doon Valley went to Born who shot an even par-36 on the front nine. Conestoga's next tournament is Sept. 25 at the Hawkridge Golf Club in Orillia. It is hosted by Georgian College.



Conestoga College's varsity golf coaches Tony Martin (left) and Mike Banton talk during a practice at Doon Valley Golf Course, Sept. 18.

(Photo by Mike Sperling)

# Tony Fernandez goes out with a bang

By Marc Hulet

When the Toronto Blue Jays' season comes to an end in early October, so to will the career of one of the most loved and respected players ever to wear a Jays' jersey.

Four-time Blue Jay Tony Fernandez, a native of the Dominican Republic, will retire at the end of this season after more than 2,100 games.

Fernandez, 39, is currently batting .283 for the season, while appearing mostly as a pinch hitter.

Since joining the Jays from the Milwaukee Brewers on June 15, Fernandez has hit 12 pinch-hit home runs and driven in nine pinch-hit runs. Both those numbers

are tops in the American League, despite playing the first two months in the National League.

His 12 pinch hits are also a new Blue Jay club record.

Although he has not played on a regular basis for the Jays this year, Fernandez has helped tutor the rookies on the team, while still yielding a hot bat off the bench.

He has been seen sitting on the bench during games talking to young Jays and giving advice to such youngsters as Felipe Lopez, Jose Cruz and Cesar Izturis.

TSN commentator and former Blue Jay Pat Tabler said on a recent telecast that Fernandez was "a god to a lot of the younger players."

Both Tabler and his broadcast part-

ner, Dan Shulman, expressed hope that Fernandez would one day decide to return to the Jays as a coach.

For the time being, however, Fernandez plans to spend his retirement being a full-time father and going back to school, according to Shulman.

Fernandez has amazed fans throughout his career and remained a solid, dependable player for 17 years.

He has collected over 2,000 hits and received four gold gloves for his sparkling defence at shortstop. He also appeared in five All-Star games.

Fernandez played a major role in the Blue Jays winning their second World Series ring in 1993 by hitting a solid .306.

In 1999, during his third stint as a Jay, Fernandez thrilled fans by batting over .400 for the first two and a half months of the season.

On Sept. 4 of this season, he rocked SkyDome when he hit his first home run as a Blue Jay this season — a pinch-hit grand slam. Shulman described the fans reaction as one of the loudest ovations he had heard in over five years.

Despite the success Fernandez has had, he has also faced adversity in his long career.

Fernandez missed all of the 1996 season with a broken elbow when he was a member of the New York Yankees. The Yankees went on to win the World Series that year.

He also spent the entire 2000 sea-

son playing in Japan when no Major League team offered him a chance to play every day. Fernandez played for the Seibu Lions and batted .327, fourth best in the league.

When Fernandez retires in October, he will do so as the Blue Jays' all-time leader in games played, at-bats, hits, doubles and triples.

He was also recently named to the all-time Blue Jays' roster.

Fernandez was originally signed by the Blue Jays in 1979 as a 17-year-old.

Twenty-two years later Fernandez has firmly established himself as a hero to Toronto fans and one of the best players in Blue Jay history.

## WOOLEY by Marc Hulet

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